The Skillet Cook Book

The first complete guide to glamorous skillet cooking

Skillet cooking is in fashion!

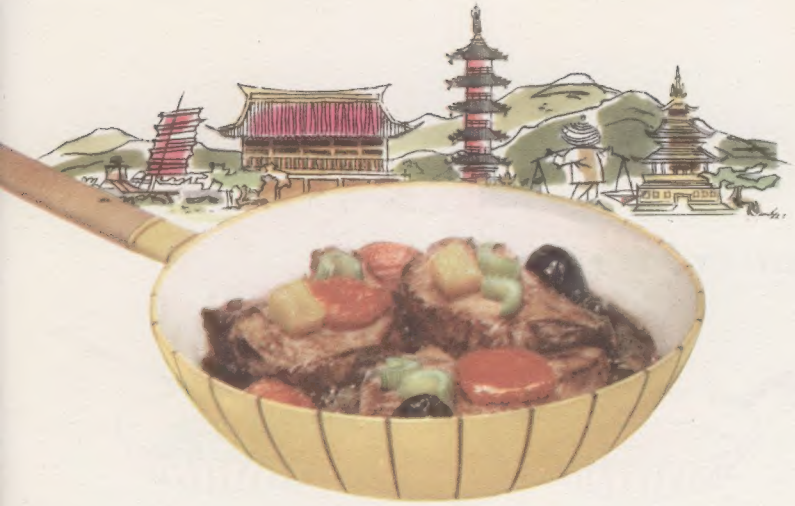
YOU CAN ALMOST FEEL it in the air—there's so much glamour and gaiety and bubbling interest in skillet cookery today.

Suddenly, food editors, TV chefs, restaurateurs, good cooks around the corner and the nation are waking up to the wonderful variety of everyday foods that can be glorified in a skillet—so easily with pure vegetable oil.

Quick Shrimp Creole . . . recipe on page 25

Imagination is now the main ingredient in skillet recipes, and it's this exciting new approach you'll find in your Wesson Skillet Cook Book. New, enticing combinations of foods, new tempting variety for meats and vegetables, triumphs with hot breads, glamour for fruits, gourmet dishes with foreign intrigue come out of the fry pan. And it, too, has grown glamourous! Today, look in the housewares department of your favorite store and you'll see the gayest array of fry pans—handsome porcelain enamel finishes—such as Royal Dru-ware that cleans as easily as china, gleaming electric skillets with automatic heat control, partified chafing dishes. Even modern gas ranges now come with automatic top burners.

Wesson Skillet Cookery brings such genuine good taste to foods, it's no wonder the fry pan is in fashion! Meats and vegetables come out of the skillet crisp and crunchy in texture. Sauces blend with brown bits to peak up



Fruited Pork . . . recipe on page 30

flavors. The simplest, thriftiest foods—potatoes, onions, hamburgers—can be gloriously prepared in vegetable oil. It's the gourmet chef's choice, imported by traveling Americans from Europe and Asia and the Orient. The knowing cook uses *vegetable oil*—the finest available to him.

How nice that one of the tastiest ways to cook is the quickest and easiest, too! Foods that would take hours in the oven, cook in minutes in hot Wesson Oil—without smoke or clinging odor.

Nutritionally, Wesson brings to skillet cooking today's lightest, purest vegetable oil, unequalled in freshness and delicacy. Easy for frying, Wesson needs no melting. Thrifty—Wesson Oil costs so little. It keeps its purity, too, for re-use again and again.

Get out your prettiest skillet—start today exploring the new wonders of skillet cookery you'll find on every page. Remember the old-time cartoonists who like to show women winning arguments with fry pans? Here's how to win fame with one, instead!

Steak Au Poivre . . . recipe on page 34

The ABC's of perfect skillet cooking

HOW TO USE YOUR SKILLET FOR PAN FRYING

Pan frying is one of the easiest cooking methods, and the first step in many gourmet skillet dishes. It is done in a small quantity of Wesson Oil, ¼ to ½ inch, or sometimes just enough Wesson Oil to keep food from sticking to the skillet. The oil transfers the heat to the food, seals in juices and helps blend flavors throughout the dish.

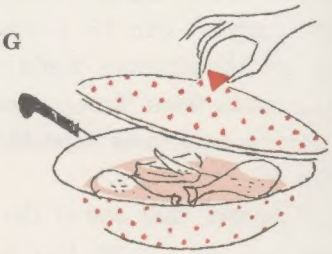
1 Pour small amount of Wesson Oil to cover just the bottom of the skillet. Turn heat to medium. Wesson is hot enough for pan frying when a drop of water sizzles and bounces in the pan.

2 Add food and cook thoroughly, turning to brown on all sides. Some foods, such as eggs, require lower heat to assure tenderness. With onions and other seasonings, sauté just until soft.

HOW TO USE YOUR SKILLET FOR SHALLOW FRYING

Shallow frying is really a kind of deep frying, only on a smaller scale. It's an economical way to French fry for a small family and the favorite way to cook Southern fried chicken. It's an ideal way to cook coated foods and many raw foods which require more oil than foods you can pan fry.

1 Pour Wesson Oil to depth of 1 to 1½ inches in deep skillet. As nearly as possible, prepare food in pieces of uniform size. Dry food thoroughly to avoid spatter. Heat Wesson to temperature specified in recipe—350° for chicken.



2 Add food and fry until golden brown and thoroughly cooked. To shallow fry *chicken*, cover when you first put it in the pan and cook 10 to 15 minutes. When brown, turn chicken and reduce heat, finish frying without lid.

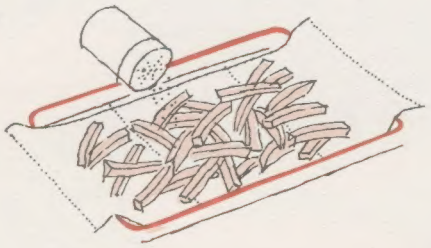
Copyright 1958—Wesson Oil & Snowdrift Sales Co.

HOW TO USE YOUR DEEP FRYER FOR FRENCH FRYING

French (or deep) frying practically guarantees beautiful and even browning, because you use enough oil to float foods and never crowd them in the pan. (Too, the high temperature cooks foods quickly, sealing in the natural juices.) While deep frying requires quite a volume of Wesson Oil to start with, you use so little that you can scarcely see any missing when you're through! And because Wesson keeps so pure and smoke-free at high frying temperatures, you can fry economically with the same Wesson again and again.

1 Prepare food in pieces of uniform size, and dry between paper towels. Coated foods should stand a few minutes before frying. Pour Wesson Oil into frying kettle (no more than ⅓ full). Arrange thermometer or set control and heat oil slowly to 350° or 375° depending on recipe. Keep all handles turned inward for safety and do not leave unattended.

2 Have food at room temperature and add in small batches. Lower basket slowly to prevent excessive bubbling. Keep temperature as even as possible. Fry until golden brown. When using electric deep fryer, pour Wesson Oil to depth of frying line marked in chamber. When thermostat shows proper temperature has been reached, lower basket of food *slowly* into hot oil.



3 Drain fried food on absorbent paper. Salt to taste. Keep warm in slow oven (300°) with door open until served. Follow these same simple instructions for deep frying other foods found in the recipes on the following pages.

4 After frying, cool and strain Wesson through sieve lined with cleansing tissue. Store in covered jar or canister in a cool, dark place. Add a little fresh Wesson each time you re-use it. It will stay fresh for many more fryings.

Main Dishes—inspiration for every day

AREN'T YOU PROUD WHEN the main attraction you've planned for dinner turns out to be all you hoped for—and even more? It's a wonderful feeling of major achievement, and it can be yours so often. Just see the inspiring variety of praise-winning main dishes you can prepare in a skillet with the help of sparkling, pure vegetable Wesson Oil.

More and more the sensible trend away from five, six, seven course meals makes the main dish the stellar attraction. It may be enhanced by salad and dessert, but never robbed of its glory. This is the dish you find fun in fussing with, the dish that invites you to try new recipes, new herbs and seasonings, new gourmet touches. Here, Wesson skillet cookery lets you have a wingding fling!

The Wesson recipes that follow welcome your special touches, your own creative ideas, yet they're as completely in tune with modern cooking as Wesson Oil itself. Recipes are quick, easy, uncluttered—with clear cut directions you can follow to a T or "play by ear" if you like it that way.

Live lavishly (on a budget) with *Hamburger Biscuit Puffs!* Make fish as welcome as beef with tender-crisp *Fish Almondine!* Company for dinner? Take your electric skillet or chafing dish to the table. Serve *Pineapple Ham Patties* and take a bow! Fry in the living room, if you like—there's no smoke with Wesson Oil. Best of all, you'll relish the bright good taste Wesson brings to skillet dishes.

You'll find no greasy film or flavor with pure vegetable Wesson Oil, even after fried foods cool. You'll love yourself for discovering Wesson, your *light* hand for luscious eating.

◀ *Spiced Chicken . . . recipe on page 6*

CHICKEN DISHES THAT TAKE HONORS

Some folks are so fond of chicken, they could eat it eight days a week!
With the new glamour of Wesson Skillet Cookery—
the spicy sauces, new coating ideas, flavorsome additions—
your chicken finds even more admirers.

SPICED CHICKEN (Illustrated on page 4)

Browned chicken and spiced fruit—what could be better!

- 1 cup orange juice
- 1½ cups sliced canned or frozen peaches
- 2 tablespoons brown sugar
- 2 tablespoons vinegar
- 1 teaspoon mace or nutmeg
- 1 teaspoon sweet basil
- 1 clove garlic, minced
- 6 each fryer chicken legs and thighs or 1 ready-to-cook chicken (2½ to 3 pounds), disjointed
- ½ cup flour mixed with 1 teaspoon salt and ⅛ teaspoon pepper
- Wesson Oil to depth of ½ inch in large fry pan

Combine orange juice and peaches with next 5 ingredients in saucepan and cook slowly 10 minutes. Meanwhile dredge chicken in seasoned flour and brown in hot Wesson Oil in large pan. Remove chicken just to pour off oil, retaining the flavory browned bits in skillet. Replace chicken; and pour fruit sauce over top. Cover and simmer about 20 minutes. 4 to 6 servings.

BATTER FRIED CHICKEN

The golden brown crust covers the hot chicken lightly and helps to make it tender. This is the best way to prepare chicken for deep frying and deep frying is the fastest way to fry chicken.

- 1 egg, slightly beaten
- ⅔ cup milk
- 1 tablespoon Wesson Oil
- 1 cup sifted all-purpose flour
- 1½ teaspoons baking powder
- 1½ teaspoons salt
- 1 ready-to-cook fryer chicken (2½ to 3 pounds), disjointed
- Wesson Oil for deep frying

Combine egg, milk and Wesson Oil (this bit of oil brings out the good chicken flavor). Sift together the flour, baking powder and salt; blend into the milk mixture, beating until smooth. Dip the pieces of chicken into batter; drain 5 minutes on a rack. Lower chicken into deep Wesson Oil heated to 350° and cook about 12 minutes, until done. Drain on paper towels. 4 servings.

SOUTHERN FRIED CHICKEN

Crispy, crusty but tender and juicy. Fried chicken at its best.

- 1 ready-to-cook fryer chicken (2½ to 3 pounds), disjointed
- ½ cup flour
- 1½ teaspoons salt
- ⅛ teaspoon pepper
- Wesson Oil to depth of 1 to 1½ inches in skillet

Dry chicken pieces between paper towels. Combine flour and seasonings and use to coat chicken. Heat Wesson Oil moderately hot (350°) in heavy skillet or chicken fryer. Place chicken in hot Wesson Oil, skin side up and thicker pieces near center. Cover and cook 10 to 15 minutes. When golden brown, turn; reduce heat. Finish cooking without lid. Turn again as needed. Drain on paper towels. Arrange chicken on hot platter and keep warm while making gravy. 4 servings.

Country Gravy: Pour off extra oil leaving *3 tablespoons* and the browned bits in skillet. Blend in *3 tablespoons flour* and cook, stirring, until lightly browned. Stir in *2 cups milk* gradually, and simmer about 5 minutes, stirring occasionally. Add *salt* and *pepper* to taste. Garnish chicken with parsley. Serve gravy separately.

"CHICKETTI"

A noble dish to set before your family and friends.

- 1 pound chopped chicken livers
- 2 tablespoons Wesson Oil
- 1 medium onion, chopped
- 1 can (10½ ounces) cream of chicken soup
- 2 cups water
- 8 ounces uncooked spaghetti
- 2 tablespoons chopped celery leaves
- ½ teaspoon salt

Brown chicken livers in Wesson Oil. Stir in all other ingredients. Cover and simmer 30 minutes, stirring occasionally to keep spaghetti from sticking together. 4 to 6 servings.

PAN FRIED CHICKEN

- ½ cup flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 ready-to-cook fryer chicken (2½ to 3 pounds), disjointed
- ¾ cup Wesson Oil

Combine flour and seasonings in a paper bag—this neatly does the work of coating the chicken in a few shakes. Pat the chicken dry with paper towels. Shake the chicken pieces in flour mixture to coat. Let stand 10 minutes to dry the coating. Heat Wesson Oil in large heavy fry pan over medium heat. Place chicken in hot Wesson Oil, skin side up and thicker pieces near center. Brown on all sides. Cover tightly; reduce heat and cook gently 20 to 30 minutes, turning occasionally until done. Drain on paper towels. 4 servings.

Chicken fried in Wesson Oil tastes like chicken should. Wesson has no taste of its own.

SKILLET CHICKEN A LA KING

Luscious and lovely, everybody's dish. Good with turkey, too.

- 1 medium green pepper, diced
- 1 cup sliced mushrooms, fresh or canned
- ¼ cup Wesson Oil
- 3 tablespoons flour
- 1 cup chicken stock*
- ½ cup light cream
- 1 cup diced cooked chicken or turkey
- 1 pimiento, chopped
- 1 egg yolk
- 2 tablespoons sherry (optional)
- Salt and pepper

Lightly saute green pepper and mushrooms in 2 tablespoons Wesson Oil in skillet. Remove. Add remaining Wesson and stir in flour. Add chicken stock slowly, stirring constantly while cooking about 2 minutes over low heat. Blend in cream and add green pepper, mushrooms and chicken. Cook just long enough to heat. Just before serving, add pimiento, then egg yolk beaten with sherry. Salt and pepper to taste. Serve in patty shells or on rice. 4 servings.

*If made with bouillon cubes, liquid from canned mushrooms may be substituted for some of the water.

BROWNED CHICKEN FRICASSEE

Golden chicken in a deep-flavored gravy. You can start it early and let cook slowly for Sunday dinner.

- ½ cup flour
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ¼ teaspoon nutmeg
- 1 roasting chicken (4 to 5 pounds), disjointed
- ¼ cup Wesson Oil
- 1 medium onion, chopped
- 3 cups water

Combine the first four ingredients and use to coat chicken generously. Brown chicken in deep heavy fry pan in hot Wesson Oil. Add onion and water. Stir well, then cover and simmer slowly 2 to 2½ hours, until chicken is tender. Serve over noodles, rice or mashed potatoes. 6 servings.

CHICKEN OR TURKEY CROQUETTES

Delicious dress-up for leftover poultry or meat.

- 2 cups cooked chicken, turkey or meat, chopped fine
- ¾ teaspoon salt
- ½ teaspoon celery salt
- Dash pepper
- 1 teaspoon grated onion
- 3 tablespoons chopped parsley
- 1 cup White Sauce No. 4 (page 27)
- 1 cup fine dry crumbs
- 1 egg, slightly beaten
- 2 tablespoons water
- Wesson Oil to depth of 1 to 1½ inches in skillet

Combine chicken, seasonings, onion and parsley with white sauce; chill. Form into croquettes—about 10 little log-shaped ones. Roll in crumbs, then in egg mixed with water, then in crumbs again. Let stand to dry coating while heating Wesson Oil. Fry in Wesson Oil heated to 375° about 1½ minutes, until golden brown. Drain. 4 to 6 servings.

For beautiful browning, brush chicken and turkey with Wesson Oil before and during roasting.

SKILLET BARBECUED CHICKEN

- 1 fryer chicken (2½ to 3 pounds), disjointed
- 1 teaspoon salt
- ⅛ teaspoon pepper
- Wesson Oil to depth of 1 inch in fry pan
- 1 recipe Quick Barbecue Sauce (page 27)

Salt and pepper a nice tender fryer and cook in covered skillet about 15 minutes in moderately hot Wesson Oil. Remove cover and brown the other sides of chicken pieces. Remove chicken just long enough to pour off oil, keeping in browned bits. Pour Quick Barbecue Sauce (page 27) over chicken in skillet. Cover and simmer 30 minutes to let the flavors mingle and ripen. 6 servings.

CHICKEN JAMBALAYA

Chicken, ham, seasonings and rice—very nice.

- 1 fryer chicken (2½ to 3 pounds), disjointed*
- ½ pound ham, cubed
- 2 tablespoons Wesson Oil
- 1 cup chopped green pepper
- 1 cup chopped onion
- 1 clove garlic, minced
- 2 teaspoons salt
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon thyme
- 3 cups water
- 1½ cups raw rice

To give that wonderful "golden brown" flavor, brown chicken and ham in Wesson Oil in large skillet (skillet needs tight fitting cover). Remove the chicken and ham. Cook green pepper, onion and garlic slowly for 5 minutes. Stir in seasonings and water; simmer 10 minutes. Mix in rice, chicken and ham; cover. Cook over *low* heat for 25 minutes. Remove cover, fluff rice, cook 5 minutes longer. Serves 6.

*2 cups deboned diced chicken may be used.

For Seafood Jambalaya—Substitute for chicken 2 dozen oysters plus oyster liquid and 1 pound shrimp, peeled and cooked. Add the oysters and shrimp to the jambalaya 10 minutes before the end of the cooking period.

MEATS MADE MARVELOUS

With the littlest "to do," you get the most flavor in meat dishes you fix in a skillet. As one good cook says, "Frying is the only way you get that golden *look that makes you so hungry!" Now, Wesson shows you how* imaginative *skillet cookery adds new worlds of enchantment to meats.*

SKILLET KABOBS (Illustrated on cover)

Here's a treat borrowed from the barbecue chef who borrowed it from the Far East. We bring it indoors to be enjoyed year 'round.

- 1½ pounds lean tender beef or lamb
- ½ cup marinade (see below)
- 24 small parboiled potatoes
- 3 tomatoes, cut in wedges
- 2 green peppers, cut in 1-inch squares
- Wesson Oil for pan frying

For easy eating, cut beef into 1-inch cubes. Chill in marinade several hours; drain. Skewer meat alternately with vegetables. Pan fry in Wesson in covered skillet 10 minutes over *low* heat. Remove cover; increase heat slightly. Cook 5 to 10 minutes longer, turning until browned. 6 servings.

Marinade. Combine ½ teaspoon each salt and Worcestershire sauce, ⅛ teaspoon pepper, ¼ teaspoon each sugar, paprika and oregano, 1 bay leaf, crushed, 2 tablespoons vinegar and ⅓ cup Wesson Oil. Beat or shake well in covered jar. Shake well before using.

PARTY STEAK

Fit for kings—fillets topped with a mellow wine and mushroom sauce . . . often called Tournedos

- 4 beef fillets, 1 inch thick
- 2 tablespoons Wesson Oil
- 2 tablespoons finely chopped onion
- ½ cup red wine
- ¼ cup water
- 2 teaspoons tomato paste, such as Hunt's
- Salt and pepper to taste
- 8 large mushrooms, sliced
- Juice of ½ lemon
- 1 tablespoon minced parsley

Brown fillets quickly on both sides in Wesson Oil. Remove meat to hot platter; keep hot for serving. Cook onions in drippings until tender. Add wine, water, tomato paste, salt and pepper. Cook to reduce volume by half. (This "mellows" the flavor.) Add mushrooms and lemon juice; simmer about 5 minutes. Add parsley and pour immediately over fillets. 4 servings.

BROWNED BEEF STEW

No ordinary stew—this one! A real man's meal—hearty and filling. Wesson helps bring out every exquisite flavor.

- 1 pound beef chuck, rump or round in 1-inch cubes
- ¼ cup flour
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ¼ cup Wesson Oil
- 1 each onion and carrot, chopped fine
- ¼ cup finely chopped celery with a few minced leaves
- 2 tablespoons minced parsley
- Pinch of thyme
- 3 cups water
- 2 each medium potatoes, carrots and onions, diced
- 1 package (10 ounces) frozen peas

Coat meat with flour, salt and pepper. An easy trick is to shake them together in a paper bag. Heat Wesson Oil in a large heavy skillet over medium heat. Add meat, remaining flour and chopped onion. Brown well. Add chopped carrot and next 4 ingredients. Cover and cook over *low* heat 1½ hours, stirring now and again. Add diced potatoes, carrots and onions; cook ½ hour longer. Add peas and continue cooking about 15 minutes. 4 to 6 meal-size servings—with everybody wishing they had room for more!

CHICKEN FRIED ROUND STEAK

Tasty round steak cooked to tender perfection.

- 1½ pounds beef round steak, ½ inch thick
- 1 egg, beaten
- 2 tablespoons milk or water
- 2 tablespoons flour
- ¾ cup fine dry crumbs
- ¼ cup Wesson Oil
- 1 teaspoon salt
- ⅛ teaspoon pepper

First, pound the steak with sharp-edged meat pounder or edge of heavy saucer. Cut into serving pieces. Mix egg and milk. Coat meat lightly with flour (it helps to make the breading stick), then dip into egg mixture and into crumbs. Brown on both sides in hot Wesson Oil in heavy fry pan. Season. Cover and cook over very low heat 45 to 60 minutes; uncover last 5 minutes to let coating crisp. 6 servings.

CHEESEBURGER STEAK

All this in 5 minutes and delicious.

Heat enough Wesson Oil to cover bottom of heavy skillet. Brown minute (cube) steaks. Season with salt and pepper. Top with strips of American cheese. When cheese melts, garnish with chopped parsley and serve.

QUICK STEAK AND ONIONS

Fast way to prepare an old favorite.

- 4 small onions, sliced
- ¼ cup Wesson Oil
- Salt and pepper
- 4 minute (cube) steaks
- 1 to 2 teaspoons flour
- ½ cup water

Cook onion very *slowly* in 2 tablespoons Wesson Oil until golden. Remove to warm platter. Increase heat and quickly brown steaks in remaining Wesson; sprinkle with salt and pepper. Arrange on a hot platter. Stir flour into drippings and add water. Stir constantly until gravy boils. Serve onion and gravy over steaks. 4 servings.

BEEF HASH

Leftovers made luscious.

- 2 medium onions, sliced
- ¼ cup Wesson Oil
- 4 medium potatoes, cooked
- 2 cups leftover cooked beef
- ½ teaspoon salt
- Dash pepper
- 2 tablespoons minced parsley

Want to bring out the bonus flavor in onion? Then start with cooking the onion until tender in Wesson Oil in a medium skillet. Cut potatoes and beef into bite-size cubes; add along with salt and pepper. Brown slowly, stirring as needed. If there are leftover meat juices or gravy on hand, add to perk up the flavor. Sprinkle with parsley and serve. 6 servings.

For those who prefer a "juicy hash," add 1 cup of water to the hash after browning. Cover and cook 5 minutes longer.

BEEF AND GREEN BEANS

Looks and tastes like a luscious Oriental dish, but all ingredients are readily available.

- ½ pound lean, tender beef, cut in strips
- 2 tablespoons Wesson Oil
- 1 medium onion, chopped
- 1 cup cut green beans, raw or frozen
- 1 medium green pepper, sliced
- 1 cup sliced celery
- 4 teaspoons cornstarch
- 1 tablespoon soy sauce
- ¾ cup liquid (juice from mushrooms and water)
- Salt and pepper
- 1 can (4 ounces) mushrooms

Brown meat in hot Wesson Oil in large heavy skillet. Add next 4 ingredients and cook 3 to 5 minutes. (You want the vegetables to be crisp.) Combine cornstarch, soy sauce, liquid and seasonings; add to skillet, stirring to mix thoroughly. Add mushrooms. Stir, cooking until liquid is clear and shiny. Garnish with pimientos. Serve with rice. 4 servings.

Beef and Green Beans. A delightful combination in the Cantonese manner.

SWISS STEAK

Thick, tender steak with a browned tomato gravy. Wonderful served with hot grits or whipped potatoes.

- ¼ cup flour
- 1½ teaspoons salt
- Dash pepper
- 2 pounds thick round steak
- ¼ cup Wesson Oil
- 2 medium onions, chopped
- 1 cup water
- 1 can (8 ounces) tomato sauce, such as Hunt's

Mix flour, salt and pepper; pound into both sides of meat. Brown meat in a small amount of Wesson Oil, adding more Wesson as necessary. Remove browned meat from pan and cook onion until golden. Add water and tomato sauce; stir until mixture thickens a bit and boils. Return meat to pan; cover and reduce heat. Simmer 1½ hours or until meat is tender. 6 servings.

BRAISED BEEF

Morsels of tender meat in a golden gravy. Nice with noodles.

- 1 pound lean beef chuck or rump, cut in cubes
- ¼ cup flour
- 1 teaspoon salt
- Dash pepper
- 2 tablespoons Wesson Oil
- ½ cup finely chopped celery
- 1 medium onion, chopped fine
- 2½ to 3 cups water
- 1 tablespoon tomato paste, such as Hunt's
- 1 tablespoon minced parsley

Coat beef cubes with flour, salt and pepper. Brown in hot Wesson Oil. Add celery and onion; brown lightly. Add remaining ingredients, including what's left of the seasoned flour; stir well. Cover and cook over low heat 1 to 1½ hours, until tender. Stir occasionally. Serve with hot noodles, rice or mashed potatoes. 4 servings.

THRIFTY TIP: *No need to throw away ends of bread. Cube them and pan fry in Wesson. Store in covered container and enjoy crusty croutons through the week in soups and salads.* *See Croutons (page 53).*

BREADED VEAL

Crispy crusted meat, sauced with cream.

- ½ teaspoon salt
- Dash pepper
- 2 tablespoons flour
- 4 veal chops, bone removed, or 1½ pounds veal round
- 1 egg, beaten
- ½ cup bread crumbs
- ¼ cup Wesson Oil
- 1 cup light cream
- 2 tablespoons minced parsley
- ¼ cup chopped green onions

Combine salt, pepper and flour and pat into the veal. Dip in beaten egg then in bread crumbs. Cook slowly in Wesson Oil (adding 2 tablespoons to start and more as needed) until golden brown on both sides. Remove meat to a hot platter. Add cream, parsley and onion to browned bits in pan. Heat and serve with the breaded veal. 4 servings.

If desired, breaded veal may be served without sauce.

SHIRLEY'S VEAL DISH

Shirley helped taste-test some of our other recipes and contributed this favorite creation of hers. Usually served with noodles.

- 2 pounds veal round, about 1 to 1½ inches thick
- 2 eggs, beaten
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 cup bread crumbs
- 2 tablespoons minced parsley
- 2 cloves garlic, minced
- ½ cup Wesson Oil
- 2 cups water
- 2 bouillon cubes (optional)

Cut veal into bite-size cubes. Combine eggs, salt and pepper. Lightly mix the crumbs, parsley and garlic. Dip cubes first in egg, then crumbs. In a large skillet brown meat on all sides in Wesson Oil, adding 2 tablespoons of oil at a time as needed. Remove meat. To the browned bits in the skillet, add water and bouillon cubes and stir well. Simmer 5 minutes; add part of this liquid to any leftover beaten eggs; then stir into gravy. Add meat; cover and simmer 30 minutes. 6 servings.

SCHNITZEL SKILLET

- 1 egg, beaten
- 1 tablespoon water
- ½ cup bread crumbs
- ½ teaspoon salt
- ¼ teaspoon pepper
- Veal steaks for 4
- 2 tablespoons flour
- 4 eggs
- Wesson Oil for pan frying

Combine egg and water. Mix bread crumbs with salt and pepper. Lightly coat meat with flour, then dip into egg mixture and finally in crumbs. Let stand in refrigerator about 15 minutes before cooking. Heat Wesson Oil in heavy skillet. Brown meat very slowly over low heat. Remove meat to warm platter and fry eggs. Serve an egg on each piece of meat and garnish with parsley. 4 servings.

Schnitzel Skillet. Breaded veal brightened with fried eggs.

VEAL BIRDS

Browned veal and oysters in attractive rolls.

Stuffing:

- 1 large onion, chopped
- ½ cup chopped celery
- 1 clove garlic, minced
- 1 tablespoon Wesson Oil
- 3 cups bread cubes
- ¼ cup minced parsley
- 1 dozen oysters, chopped*
- ½ cup liquid (oyster water plus water)
- ½ teaspoon salt
- Dash pepper

*or 1 can Blue Plate or Gulf Kist Cove Oysters

Meat Roll-ups:

- 2 pounds veal round steak, ¼ inch thick
- 2 tablespoons flour mixed with ½ teaspoon salt, dash pepper
- 2 tablespoons Wesson Oil
- ½ cup water and ¼ cup white wine or use ¾ cup water
- 2 tablespoons bottled meat sauce

First make stuffing. Cook the onion, celery and garlic in Wesson Oil until tender. Add next 6 ingredients; blend well and heat through. Cut veal rounds into strips (about 1½ inches wide and 3 inches long). Pound the seasoned flour into the meat. Place large spoonful of stuffing in center of cutlet. Roll, jelly-roll fashion, and fasten with toothpicks. Brown the veal birds in Wesson Oil on all sides. Blend in the water, wine and meat sauce; cover and simmer about 20 minutes, until tender. 6 servings.

HAM 'N' CHIPS PARMESAN

Meat and potatoes browned together. Serve with a salad.

- 1 pound ham, cut in thin strips
- ¼ cup Wesson Oil
- 2 pounds potatoes, sliced in thin rounds
- Salt and pepper
- 1 green pepper, cut in squares
- ¼ cup grated Parmesan cheese

Brown ham in Wesson Oil and remove from skillet. Add potatoes and cook over low heat about 10 minutes, turning occasionally. Season; add ham and green pepper. Cover and cook about 15 minutes. Top with cheese. 4 to 6 servings.

PORK AND OYSTER PAN ROAST

A happy combination of meat and seafood.

- 2 cups lean pork, cut in strips
- 3 tablespoons Wesson Oil
- ½ cup chopped onion
- ¼ cup minced celery
- 2 tablespoons flour
- ⅛ teaspoon pepper
- 1 cup water (including oyster water)
- 1 pint oysters, drained*
- 6 patty shells (optional)

Cook the pork strips in Wesson Oil until browned. Remove meat; add onion and celery, cooking until tender. Stir in flour and pepper. Add water and pork, stirring constantly until mixture thickens a bit. Cover and cook over low heat 20 minutes, stirring occasionally. Add oysters and cook slowly 5 to 10 minutes longer. Serve in patty shells or with mashed potatoes. 6 servings.

*or 2 cans Blue Plate or Gulf Kist brand Cove Oysters

In recipes calling for melted shortening, use Wesson Oil and save the bother of melting and cooling shortening.

PORK CHOPS WITH ROSEMARY

The delightful bouquet of this herb is splendid with pork and with chicken, too.

- ½ teaspoon salt
- Dash pepper
- 6 lean pork chops
- 1 egg, slightly beaten
- ½ cup bread crumbs
- ½ teaspoon rosemary, crumbled
- 2 tablespoons Wesson Oil
- 1 cup chopped celery
- ½ cup water

Salt and pepper the pork chops. Dip in beaten egg, then in bread crumbs mixed with rosemary. Brown the breaded chops in Wesson Oil. Add celery and water; cover and simmer over low heat 30 minutes. Uncover the last 5 minutes to crisp coated chops. 6 servings.

Just for variety—use garlic, onion or celery salt in place of table salt to season meats or seafoods.

PINEAPPLE HAM PATTIES

Nice way to use leftover ham.

- 1 pound ham, ground or chopped fine
- 2 cups bread crumbs
- 2 tablespoons minced parsley
- ¼ teaspoon cloves
- Dash cayenne pepper
- 1 can (8 ounces) tomato sauce, such as Hunt's
- ¼ cup Wesson Oil for pan frying
- 6 slices canned pineapple
- ½ cup juice from pineapple

Combine the first 5 ingredients and half the tomato sauce. Shape into patties. It will make about 6. Pan fry over low heat in Wesson, adding oil as needed, until lightly browned on both sides. Remove from pan and set in oven to keep warm. Fry pineapple slices until light brown. Stir remaining tomato sauce and pineapple juice into browned bits. Serve ham patties on pineapple slices with sauce spooned over top. 6 servings.

FRIED LIVER

Cooked just right in practically no time.

- 1 pound beef liver, sliced ¼ to ½ inch thick
- ½ cup flour or fine dry bread crumbs
- ½ teaspoon salt
- ⅛ teaspoon pepper
- Wesson Oil for frying

Cut liver into serving pieces. Combine flour, salt and pepper. Dip pieces of liver into flour mixture.

Pan Fried: Heat ¼ cup Wesson Oil in fry pan and cook liver over medium heat until brown on both sides, about 5 minutes.

Shallow Fried: Fry 3 to 4 minutes in 1 inch of Wesson Oil heated to 350°. Drain on paper towels. 4 servings.

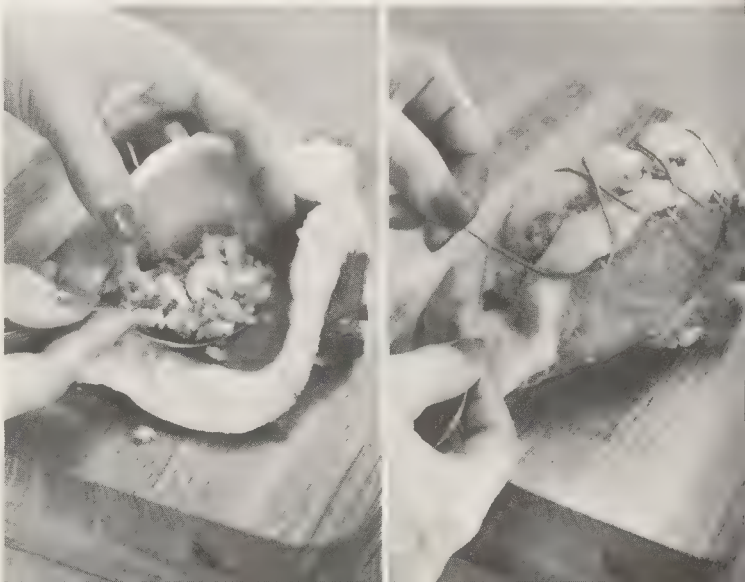
You know, but maybe someone doesn't, the easiest way to flour meat, seafood or chicken is to put it (a few pieces at a time) in a paper bag along with flour and seasonings and shake.

STUFFED PORK CHOPS

- 1 large onion, chopped
- ½ cup chopped celery
- 1 clove garlic, minced
- 2 tablespoons Wesson Oil
- 1 cup meat or chicken stock, or 1 cup water plus 1 bouillon cube
- 3 cups bread cubes
- ¼ cup minced parsley
- 6 double pork chops, split
- 2 tablespoons Wesson Oil
- 1 can tomato sauce, such as Hunt's
- ½ cup water

Cook onion, celery and garlic in Wesson Oil slowly about 5 minutes—this softens them and develops the good taste of each. Add stock and simmer about 10 minutes. Toss in the bread cubes and parsley. Stuff pork chops, fastening edges with picks and lacing with string. In a large skillet, brown the chops in Wesson Oil. Add tomato sauce and water; cover and simmer about 1 hour until pork is tender. 6 servings.

For Stuffed Pork Chops, split double chops and spoon in well-seasoned stuffing. Fasten edges with picks; lace with string. Brown chops, then simmer in tomato sauce.



GROUND BEEF . . . NEW HEAVENLY WAYS

It's a horn-tooting tribute to American inventiveness—
all the delectable dishes women have concocted with ground beef.
Now, with new sauces, new flavor variations,
new additions and its own light delicacy,
Wesson Oil adds a bright new dash of glamour to skillet 'burger dishes.

SKILLET MEAT LOAF

No need to heat the oven, Wesson spreads the heat and helps to "bake" in the goodness on top of the stove.

- 1½ pounds ground beef
- 1 cup soft bread crumbs
- 1 cup chopped celery with a few minced leaves
- 1 small onion, chopped
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 egg
- 1 can (8 ounces) tomato sauce, such as Hunt's
- 2 tablespoons Wesson Oil
- Chopped parsley for garnish

Combine first 7 ingredients and ¼ cup tomato sauce. Heat Wesson Oil in medium size skillet, tilting to coat the sides. Press the meat mixture into skillet evenly. Cover tightly and cook over *low* heat 30 to 40 minutes until meat is cooked. Drain juices from meat into a saucepan and add remaining tomato sauce; heat. Turn meat loaf onto platter; cover with sauce and garnish with chopped parsley. 4 to 6 servings.

HAMBURGER STEAK IN MUSHROOM GRAVY

Delectably seasoned, light hamburger steaks. They keep their neat patty shape without a heavy, packed texture.

- 1 pound ground beef
- 1 egg
- ¼ cup bread crumbs
- ⅛ teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1 package dehydrated onion soup mix
- 2 tablespoons Wesson Oil
- 2 tablespoons flour
- 2 cups liquid (juice from mushrooms and water)
- 1 can (4 ounces) mushrooms

Combine meat with egg, crumbs and seasonings, and half the onion soup mix. Shape into patties and fry in Wesson Oil. Remove browned hamburgers. Add flour to fry pan; stir while it browns lightly. Blend in liquid, stirring vigorously until smooth. Stir in remaining onion soup mix and mushrooms; cook 5 minutes. Return meat to skillet; cook slowly 5 minutes. Serve with rice or buns. 4 to 6 servings.

"YOUR CHOICE" HAMBURGERS (Shown at left)

These double-decker hamburgers let everyone pick favorite "go-withs" ahead of time—onions, relish, mustard or you name it.

Combine *1 pound hamburger, 1 egg, 1 teaspoon salt, dash pepper* and *¼ cup bread crumbs*. Shape into 10 thin hamburgers. Put chopped onion and relish, or mustard, catsup, horseradish or other choice of fixings on half the 'burgers. Top each with second 'burger, then seal the edges. Fry in skillet well coated with Wesson Oil. 5 servings.

SKILLET BARBECUED HAMBURGERS

- 1½ pounds ground beef
- 1 egg
- ½ cup chopped onion
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup bread crumbs
- 2 tablespoons Wesson Oil for pan frying
- 1 cup Quick Barbecue Sauce (page 27)

Lightly mix first 6 ingredients. Shape into king-size hamburgers. Brown on both sides in hot Wesson Oil. Remove 'burgers from pan long enough to pour off oil, but keep in the browned bits. Place meat back in pan; pour barbecue sauce over top. Cover and simmer 15 to 20 minutes. 6 servings.

Be wise about pan size! Use a 6-inch skillet for one or two servings, an 8 to 10-inch skillet for three to four servings, a 12-inch skillet for five to six servings or for frying a whole chicken at one time.

POTATO-BURGERS

- ½ pound ground beef
- 1 medium potato, pared and grated
- 1 small onion, grated
- 1 teaspoon salt
- Dash of pepper
- Wesson Oil for pan frying

Combine all ingredients except Wesson Oil. Shape into 4 'burgers. Pan fry slowly in Wesson, 6 to 8 minutes on each side. 4 servings.

◀ *"Your Choice" Hamburgers . . . recipe above*

BEEF, CORN AND TOMATOES

A bright medley of meat and vegetables.

- 1 pound ground beef
- 2 tablespoons Wesson Oil
- 1 large onion, sliced
- ½ cup cubed green pepper
- 2 cans (8-ounce size) tomato sauce, such as Hunt's
- 1½ cups whole kernel corn, fresh, frozen or canned
- ½ teaspoon salt
- ¼ teaspoon Tabasco
- 3 cups cooked rice (optional)

Brown the beef in Wesson Oil in a heavy skillet, stirring occasionally to break the meat into bite-size pieces. Add onion and green pepper; cook 5 minutes. Add remaining ingredients except rice; stir well, then simmer 15 minutes. Serve in a rice ring if you like or enjoy just so. 6 servings.

STUFFED CABBAGE IN TOMATO SAUCE

Cabbage never tasted so good! Bundle it around deftly seasoned beef and rice—pan fry in Wesson and simmer in sauce.

- 12 large cabbage leaves
- 1 pound ground beef
- 1 cup cooked rice
- 2 tablespoons finely chopped onion
- 1 teaspoon caraway seed
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 egg
- 2 to 3 tablespoons Wesson Oil
- 2 cans (8-ounce size) tomato sauce, such as Hunt's
- ¼ cup water

Blanch or partially cook cabbage leaves in boiling salted water. It takes just about 2 minutes. Remove and drain. Combine next 7 ingredients. Divide meat mixture into 12 portions and wrap each portion in a cabbage leaf. Tie lightly with string. In a large skillet or fryer, brown cabbage rolls lightly in 2 tablespoons of Wesson Oil, adding more Wesson if necessary. Reduce heat; add tomato sauce and water. Cover and cook about 40 minutes. 6 servings.

When the recipe says "cover the skillet," aluminum foil makes a good substitute for a lid; also helps when the lid doesn't fit tight.

CHILI CON CARNE

Savory meat and beans from south of the border.

- 1 pound ground beef
- 1 large onion, chopped
- 1 clove garlic, minced
- ¼ cup Wesson Oil
- 1 can (8 ounces) tomato sauce, such as Hunt's
- 2 cups cooked or canned kidney beans
- 2 cups liquid (juice from beans plus water)
- 1 to 3 teaspoons chili powder
- ¼ teaspoon Tabasco
- 1 teaspoon salt

Brown the meat, onion and garlic in Wesson Oil, stirring to break the meat into bite-size pieces. Add remaining ingredients. Cover and cook over low heat 1 to 1½ hours. Stir occasionally. Add water if needed. 6 servings.

TOMATO—CHEESE SPAGHETTI SAUCE

Good eating and good for your budget, too. 15 minutes to fix.

- 1 small onion, chopped
- 1 medium green pepper, chopped
- 2 tablespoons Wesson Oil
- 2 cans (8-ounce size) tomato sauce, such as Hunt's
- 1 can (4 ounces) sliced mushrooms and liquid
- 1 bay leaf
- ½ teaspoon basil
- 1 package (12 ounces) spaghetti
- ½ cup grated Cheddar cheese

Cook onion and green pepper slowly in Wesson Oil until tender and translucent. Stir in next 4 ingredients; cover and simmer 10 to 15 minutes. Meanwhile, cook spaghetti in boiling salted water according to package directions, adding 1 tablespoon Wesson Oil to the water. (Strands stand apart nicely when you do this.) Stir cheese into sauce just before pouring over drained spaghetti. 6 servings.

Quick Meat Variation: Season 1 pound ground beef with ½ teaspoon salt. Brown in Wesson Oil, then add onion, etc., proceeding as above. Omit Cheddar cheese. Serve with Parmesan cheese if you like. 6 servings.

HAMBURGER BISCUIT PUFFS

No oven to heat. The meat and biscuits cook all in one skillet.

- 1 pound ground beef
- 1 egg, slightly beaten
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons Wesson Oil
- ½ biscuit recipe or 5 canned biscuits
- 1½ teaspoons oregano
- 1 teaspoon paprika
- 1 large green pepper, chopped
- 1 large onion, chopped

Mix the meat with egg, salt and pepper; shape into 12 small hamburgers. Brown in hot Wesson Oil. While meat is browning, shape biscuit dough into small balls, then roll in mixture of oregano and paprika. When meat is browned, add green pepper and onion; stir a bit to loosen browned bits. Arrange biscuits on top of hamburgers. Cover tightly. Cook over medium heat about 20 minutes, until biscuits are done. 4 servings.

Hamburger Biscuit Puffs. The biscuits "bake" in the skillet.

ITALIAN SPAGHETTI WITH MEAT BALLS

Whether you like thick spaghetti or delicate spaghettini—it's the sauce that makes the dish.

Meat Balls:

- 1 pound ground beef
- ½ pound ground pork
- 1 egg, beaten
- ¼ cup bread crumbs
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup Wesson Oil

Sauce:

- 1½ cups chopped onion
- ½ cup chopped green pepper
- ½ cup minced celery leaves
- 1 clove garlic, minced
- 1 teaspoon oregano
- 1 can (16 ounces) tomatoes
- 1 can (6 ounces) tomato paste, such as Hunt's
- 3 cups water
- 1 pound spaghetti, cooked

Mix lightly the first 6 meat ball ingredients; shape into about 12 meat balls. Brown meat balls in hot Wesson Oil in a large deep fry pan or Dutch oven. Remove meat balls to bowl when browned. Add sauce ingredients except spaghetti and heat to boil. Reduce heat; add meat balls, and simmer about 2 hours until tomato sauce becomes a rich dark red.

Cook spaghetti 12 to 15 minutes in boiling salted water, adding 1 tablespoon Wesson Oil to keep strands from sticking together. Stir once as soon as spaghetti softens. Drain and serve with sauce and Parmesan cheese. 6 to 8 servings.

Italian Spaghetti with Meat Sauce. Use ingredients above leaving out the egg and bread. Salt and pepper meat; brown in Wesson, stirring often. Add sauce ingredients and finish cooking as above.

For good nutrition, Wesson is America's freshest pure vegetable oil—unsaturated and unhydrogenated. For nutritional booklet on fats in the diets, see free offer on page 62.

'BURGER DOGS

Is there anything better than hamburger or hot dogs? Yes! Combine them into 'Burger Dogs.

- 6 frankfurters, split lengthwise
- ¼ cup Wesson Oil
- 1 pound ground beef
- 1 large onion, chopped
- 1 can (8 ounces) tomato sauce, such as Hunt's
- ¼ cup water

Use medium heat to brown the frankfurters in Wesson Oil; remove. Cook meat in Wesson Oil, stirring occasionally until browned and chunky. Add remaining ingredients including the franks. Cover and reduce heat; simmer about 15 minutes. Serve on warmed buns if desired. 6 servings.

TIMESAVER: *Season several pounds of ground beef as you do for hamburgers. Shape into patties and separate them with squares of waxed paper. Store patties in freezer and they're ready for frying whenever you're hungry.*

MACARONI SAUTE

All cook together in one skillet!

- 2 cups elbow macaroni (8-ounce package), uncooked
- ½ cup chopped onion
- ½ cup chopped green pepper
- 1 clove garlic, minced
- ½ cup Wesson Oil
- 1 can (6 ounces) tomato paste, such as Hunt's
- 2½ cups water
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 teaspoons Worcestershire sauce

Saute raw macaroni, onion, green pepper and garlic in hot Wesson Oil till macaroni turns slightly yellow. Add remaining ingredients and bring to a boil. Cover and simmer over low heat about 20 minutes. Stir occasionally. 6 servings.

Macaroni Beef Saute: Saute 1 pound ground beef with the macaroni. Increase the salt to 1½ teaspoons. This is a meal in itself—just needs lettuce salad or a fruit dessert.

SEAFOODS TO SHOW OFF YOUR COOKING

Wherever you catch your fish—in sea or supermarket—
the place to catch compliments is at the dinner table.
Here's just the lure you need—
a string of sumptuous new recipes and delicate Wesson Oil
to let seafood's nicest flavors shine through.

FISH PARMESAN (Illustrated at left)

Happy inspiration from Italy for variety on fish days.

- 6 small fish or 2 pounds fish fillets
- Salt and pepper
- About ¼ cup flour
- 1 egg
- 2 tablespoons milk
- ½ cup crushed butter crackers (16 crackers)
- ½ cup grated Parmesan cheese
- Wesson Oil to depth of 1 inch in deep fry pan

Lemon-Parsley Sauce

- ¼ cup chopped parsley
- 1 small onion, chopped
- ¼ cup lemon juice

Season the fish and coat lightly with flour. Break egg into a shallow bowl and beat with milk. Combine cracker crumbs with cheese. Dip fish into egg, then into cracker-cheese mixture to coat well. Heat Wesson Oil in fry pan to 375°. Fry fish 3 to 5 minutes, turning to brown all over. Drain on paper towels. Combine ingredients for Lemon-Parsley Sauce; spoon over fish. Serve on hot platter. 4 to 6 servings.

FISH ALMONDINE

Golden brown fish and almonds compliment each other to a gourmet's taste.

- 2 pounds fresh or frozen fish or fish fillets
- 2 tablespoons flour
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ⅓ cup Wesson Oil
- ¼ cup blanched slivered almonds
- 3 tablespoons lemon juice
- 1 tablespoon chopped parsley
- Lemon wedges for garnish

Sprinkle fish with flour seasoned with 1 teaspoon of the salt, ⅛ teaspoon of the pepper. Over medium heat, pan fry in hot Wesson Oil until lightly browned on both sides, about 6 minutes. Remove fish to warm platter. Brown almonds lightly in same pan; add remaining salt, pepper and lemon juice. Heat and pour over fish. Garnish with parsley and lemon wedges. 4 servings.

Wesson Oil takes the smoke out of frying.

◀ *Fish Parmesan . . . recipe above*

BREADED SEAFOOD

The favorite of all ways to cook shrimp, oysters, clams or fish.

- 1 egg, slightly beaten
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce (optional)
- ½ teaspoon salt
- Bread or cracker crumbs or corn meal
- Wesson Oil for deep frying or 1 to 1½ inches in deep skillet

Combine the first four ingredients. Lightly coat seafood with flour and dip into the egg mixture. Then coat with crumbs or corn meal. Let stand a few minutes to dry coating.

Shrimp—Oysters—Clams

Fry shrimp (raw or cooked), oysters or clams for 2 to 3 minutes in Wesson Oil heated to 350°.

Frozen Breaded Shrimp—Fish Sticks

Keep frozen until ready to fry, separate and fry at same temperature and time as above. These may also be pan fried in Wesson over medium heat, turning to brown both sides.

Whole Fish

Whole fish fry in 5 to 8 minutes at 350°. These should be turned once during cooking.

Fish Fillets

Fish fillets should be fried at 375° for 2 to 3 minutes.

Remember, deep frying kettle should be filled just ⅓ full of oil and only one layer of food should be fried at one time.

Serve with one of these tasty sauces:

Deep Sea Dip: Mix ½ cup catsup, 3 tablespoons lemon juice, 2 tablespoons Wesson Oil, 1 teaspoon grated lemon peel, ½ teaspoon horseradish, dash of Tabasco. Stir well.

Saucy Fish Sauce: Mix 1 can (8 ounces) tomato sauce, such as Hunt's, 2 teaspoons lemon juice, ½ teaspoon salt and ¼ teaspoon each pepper and Worcestershire sauce. Simmer 5 minutes. Serve hot. Enough sauce for 6 servings.

BEST-DRESSED FISH CUTLETS

This tasty seafood croquette calls for mushroom soup and a happy combination of seasonings.

- 1 can flaked fish (7 ounces) or 1 cup leftover fish
- ½ cup bread crumbs
- ¼ cup chopped celery leaves
- 2 teaspoons grated onion
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon salt
- Dash pepper
- 4 tablespoons condensed cream of mushroom soup
- 1 egg, slightly beaten
- 1 tablespoon water
- Bread crumbs for breading
- Wesson Oil to depth of 1 to 1½ inches in deep fry pan

Separate fish into small pieces. Add next 7 ingredients and mix lightly. Shape into oval cutlets. Combine egg and water. Dip cutlets in egg, then coat with crumbs. Deep fry in Wesson Oil at 375° until golden brown, 2 to 3 minutes. Lemon makes a perfect garnish with these. 4 servings.

For Appetizers: Shape into finger strips and fry as above. About 25 appetizers, two bites big.

SHRIMP LYONNAISE

A cook-together meal of shrimp, onion and potatoes—done easily in a skillet, deliciously in Wesson Oil.

- 2 tablespoons Wesson Oil
- 3 medium potatoes, diced
- 1 small onion, chopped
- 1 teaspoon dill weed (optional)
- Salt and pepper
- ½ pound cleaned shrimp*

Heat Wesson Oil in heavy skillet. Add potatoes and onion. Cover and cook over medium heat until nicely browned, 10 to 15 minutes; turn potatoes. Season and continue cooking in one side of the pan about 10 minutes. In the other side of the skillet, cook shrimp. Raw shrimp will take about 10 minutes; canned shrimp about 5 minutes. Toss lightly together before serving. 3 to 4 servings.

*or use a can (5 ounces) of Blue Plate or Gulf Kist brand shrimp.

CRAB CHOPS

You shape this tasty crab meat mixture into chops—fry them Wesson-light, Wesson-bright.

- 2 tablespoons Wesson Oil
- 3 tablespoons flour
- ¾ cup milk
- 2 tablespoons chopped celery leaves
- ½ teaspoon salt
- Dash cayenne pepper
- 1 tablespoon capers
- 1 pound crab meat, cooked
- ½ cup soft bread cubes
- Bread crumbs for breading
- Wesson Oil for pan frying

Heat Wesson Oil in heavy saucepan. Stir in flour and gradually add milk. When mixture thickens, remove from heat. Blend in seasonings. Combine with crab meat and soft bread cubes. Chill (it will help patties hold their shape). Shape into 8 "chops" and roll in dry bread crumbs. Pan fry over medium heat in Wesson Oil until golden. It takes about 6 minutes. 4 servings.

If you like to "snack" on cold *fried shrimp or use them for party appetizers: Wesson doesn't solidify on foods, so it leaves no greasy flavor or film. The paper towel you use to drain shrimp absorbs the excess oil.*

SEAFOOD PEPPER RINGS

- 1 egg, beaten
- 1 can (10 ounces) codfish cakes or a seafood croquette mixture
- 2 medium green peppers
- 2 medium onions
- Wesson Oil for pan frying

Combine egg and fish cake mixture. Slice green peppers into rings ¾-inch thick. Finely chop the remaining pepper pieces, mixing about 2 tablespoons into the codfish mixture. Cut onion into ½-inch thick circles; punch out all but two outer rings. Mince enough remaining onion to make 1 tablespoon. Add to codfish and mix well. Stuff rings with codfish mixture. Heat Wesson Oil in fry pan over medium heat. Fry the stuffed rings until golden brown on each side. Extra pretty and good garnished with pimiento and lemon wedges. 2 to 3 servings.

LOBSTER PAPRIKA

Luxury seafood served simply and elegantly.

- 1 clove garlic, minced
- 1½ teaspoons paprika
- 1 tablespoon Wesson Oil
- 2 tablespoons minced celery leaves
- ¼ cup white wine
- 2 cups diced lobster, fresh, frozen or canned
- 2 egg yolks

Cook garlic and paprika in Wesson Oil over low heat in skillet about 3 minutes. This develops the flavor and color, too. Add remaining ingredients except egg yolks. Cover and simmer 10 minutes, until lobster is done. Remove lobster to keep chunks firm. Take pan off stove long enough to stir in beaten egg yolks, then return lobster to pan. Heat through and serve on toast. 4 to 6 servings.

DEVILED OYSTERS AND FISH

These gourmet tidbits cook in 5 minutes. Delightful, too, made just with fish if oysters aren't available.

- 1 cup bread crumbs
- 1 teaspoon tarragon
- 1 egg, beaten
- 2 teaspoons Worcestershire sauce
- Dash Tabasco
- ½ pound fish fillets
- 2 dozen oysters
- ¼ cup Wesson Oil
- 2 tablespoons lemon juice
- 1 tablespoon grated lemon peel
- 2 tablespoons bottled meat sauce
- ¼ cup water

In one shallow dish, mix bread crumbs and tarragon. In another, blend egg, Worcestershire sauce and Tabasco. Cut fish fillets in bite-size strips. Dip fish and oysters in egg mixture, then in crumbs. Fry golden brown in Wesson Oil, turning once. Drain on paper towels. Keep oysters and fish strips warm while making sauce. Pour off oil, saving browned bits; blend in remaining ingredients, heat thoroughly. Pour over oysters and fish strips. Serve on toast. 6 servings.

Hush puppies are wonderful with fried seafoods. See recipe (page 54).

OYSTER OR CLAM SPAGHETTI SAUCE

2 cloves garlic, minced
¼ cup Wesson Oil
Juice from oysters or clams
1 can (8 or 10 ounces) oysters or clams, minced
2 tablespoons chopped parsley
½ pound spaghetti

Brown garlic in Wesson Oil over low heat. Slowly add the juice from oysters. Simmer 3 to 5 minutes. Add the minced seafood and 1 tablespoon parsley. Heat through. Blend with hot spaghetti cooked according to package directions. Garnish with remaining parsley. 4 servings.

OYSTER PAN ROAST

An elegant company dish. You can have it ready to the point of adding the oysters, then do this just before serving.

2 tablespoons flour
2 tablespoons Wesson Oil
1 medium onion, chopped
¼ cup chopped green pepper
1 cup liquid (water plus liquid from oysters)
½ teaspoon salt
Dash black pepper
2 tablespoons minced parsley
1 pint oysters, drained*
½ cup cooked green peas, drained
1 whole pimiento, chopped
1 hard cooked egg, sliced

Brown the flour in Wesson Oil over low heat, stirring constantly. Add onion and green pepper and cook until tender. Blend in the liquid, salt and pepper; cook until thickened, stirring constantly. Add remaining ingredients except egg. Heat just until edges of oysters curl. Serve on toast or in patty shells, garnishing with egg slices. 6 servings.

*or 2 cans Blue Plate or Gulf Kist brand cove oysters; omit salt.

To Make Oyster Poulette—Use milk instead of the water. After cooking the onion and pepper in the flour-milk mixture, add part of this sauce to 2 beaten egg yolks. Stir egg yolks into remaining sauce. Cook slowly about 3 minutes. Proceed according to above directions. Just before serving, stir in a tablespoon of lemon juice.

PAN-FRIED SHRIMP ROYAL (Illustrated page 65)

Pretty pink shrimp are tempting and pretty in this quick dish.

4 tablespoons Wesson Oil
1 pound shrimp, cleaned*
1 can (4 ounces) mushrooms, reserve liquid
½ teaspoon salt
1 small green pepper, chopped
4 slices toast
2 teaspoons grated lemon peel
Lemon wedges

Heat Wesson Oil in fry pan. Add shrimp, mushrooms, salt and green pepper. Cook over medium heat 10 minutes, stirring occasionally. Spoon shrimp, mushrooms and pepper onto toast squares. Blend the grated lemon peel and mushroom liquid (or ¼ cup water) with the drippings in skillet and heat. Pour over shrimp on toast; serve with lemon wedges. 4 servings.

*or use 2 cans (5-ounce size) Blue Plate or Gulf Kist brand shrimp; omit salt and reduce cooking time to 5 minutes.

SHRIMP ALMONDINE

Golden almonds give a gourmet touch and crunchy texture to shrimp. Delicate Wesson Oil "babies" the dainty flavors.

1 cup blanched sliced almonds
¼ cup Wesson Oil
2 tablespoons minced celery leaves
2 teaspoons grated lemon peel
1 pound shrimp*, cleaned and lightly floured
¼ teaspoon salt
Dash pepper
1 tablespoon lemon juice

Cook almonds in Wesson Oil over medium heat 2 minutes. Add remaining ingredients except lemon juice. Cook about 10 minutes until lightly browned, stirring occasionally. Add lemon juice just before bringing to the table. 4 servings.

*or use 2 cans (5-ounce size) Blue Plate or Gulf Kist brand shrimp; omit salt and reduce cooking time to 5 minutes.

Shrimp Brazil

Use ½ cup Brazil nut chips instead of almonds; do not add until shrimp are almost cooked as the chips brown quickly. Serve on rice and garnish with parsley.

TUNA CROQUETTES

2 cups cooked rice, cooled
1 can (6½ or 7 ounces) tuna, salmon or other fish, flaked
2 teaspoons minced parsley
1 egg, separated
6 stuffed olives
2 tablespoons water
½ cup dry bread crumbs
Wesson Oil to depth of 1 to 1½ inches in deep fry pan

Combine the rice, tuna, parsley and egg yolk. Shape into 6 *oval* croquettes (you'll see why below) using a stuffed olive inside for a hidden surprise. Mix the egg white and water. Dip croquettes in this mixture; drain and then coat with bread crumbs. Let coating dry a few minutes. Fry in Wesson Oil heated to 375° for 2 to 3 minutes until golden brown. Drain on paper towels. Arrange on hot platter for serving. Now, garnish them to look like pert little fish—using a slice of stuffed olive for the eye and a sprig of parsley for the tail. 6 croquettes.

Tuna Croquettes. Shape and garnish them to look like fish.

SHRIMP VEGETABLE SKILLET

1 pound shrimp, cleaned*
¼ cup Wesson Oil
1 large eggplant, peeled and cubed
1 medium onion, chopped
1 clove garlic, minced
¼ cup minced parsley
¼ cup water
½ teaspoon salt
Dash pepper
4 slices dry bread, cubed

Over medium heat, cook shrimp in Wesson Oil until pink and curled; remove. Add eggplant, onion and garlic, cooking until tender. Then add next 4 ingredients, plus the shrimp. Cover and simmer 15 minutes. Lightly toss in the bread cubes (leave uncovered) and cook 5 minutes longer. If you like the flavor of buttered bread crumbs or Parmesan cheese, use them as a garnish. 6 servings.

Nice for a change: Use 3 cups chopped green pepper or squash in place of eggplant.

*or 2 cans Blue Plate or Gulf Kist brand shrimp.

QUICK SHRIMP CREOLE (Illustrated on page 1)

Easy adaptation of a favorite New Orleans dish.

2 tablespoons Wesson Oil
1 medium onion, chopped
1 clove garlic, minced
1 medium green pepper, chopped
½ cup chopped celery
1 can (8 ounces) tomato sauce, such as Hunt's
¾ cup water
1 pound fresh shrimp, cleaned and cooked*

Heat Wesson Oil and cook the onion, garlic, green pepper and celery slowly about 5 minutes. Stir in tomato sauce and water; simmer about 10 minutes. Add shrimp and heat thoroughly. Serve over hot rice. 4 servings.

*or use 2 cans (5-ounce size) Blue Plate or Gulf Kist brand shrimp, drained.

A pretty skillet (we're thinking of those with a porcelain finish, such as Dru-ware) doubles nicely as a serving dish. One less thing to wash!

Sauces and Gravies

Sauces and gravies add tempting new flavor to bland foods, provide the touch of elegance to party fare. French cuisine won a world-wide reputation for its sauces. See how far they can spread your fame, too!

SAUCE BOURGUIGNONNE

Delicious served with steak.

- ¼ cup chopped green onion
- 2 tablespoons Wesson Oil
- 2 tablespoons chopped parsley
- ½ cup beef stock* or gravy
- ½ cup red wine
- 1 can (8 ounces) tomato sauce, such as Hunt's

Saute onion in Wesson in small pan. Add parsley, stock, wine and tomato sauce. Cook over high heat until volume is reduced by half, about 10 minutes. About 1 cup sauce.

*If no stock is available, combine a bouillon cube and 2 tablespoons bottled meat sauce with ½ cup water.

Variations: Add ½ cup sliced mushrooms.

For Sauce Bordelaise: Use white wine in place of red and chicken stock in place of beef. Serve with chicken or fish.

CHEESE SAUCE

- 3 tablespoons Wesson Oil
- 3 tablespoons flour
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ½ teaspoon basil (optional)
- 2 cups milk
- 1 cup grated Cheddar cheese

Blend Wesson Oil with flour and seasonings in heavy pan. Gradually stir in milk. Cook over low heat until thickened, stirring constantly. Add cheese and stir well to help the melting. Serve over eggs, shrimp or cooked vegetables (onions, green beans or cauliflower). About 2 cups.

CREOLE SAUCE

The French imagination blends with the Spanish flair for seasoning in this authentic recipe. New Orleans cooking owes much of its fame to this bright, piquant sauce.

- 1 cup minced onion
- 1 cup diced green pepper
- 1 clove garlic, minced
- 2 tablespoons Wesson Oil
- 4 medium tomatoes, peeled* and diced or 1 can (16 ounces)
- 1 bay leaf
- ½ teaspoon thyme
- 1 teaspoon salt
- ⅛ teaspoon pepper

Cook onion, green pepper and garlic in Wesson Oil slowly about 5 minutes, until lightly browned. Stir in remaining ingredients. Heat to boil; cover, reduce heat and simmer about 30 minutes. Remove bay leaf. Serve with omelet, cauliflower, over rice or with shrimp simmered in the sauce. About 2 cups.

*To peel tomatoes, dip in hot water a few moments or heat directly over flame.

QUICK BARBECUE SAUCE

1 large onion, chopped
¼ cup Wesson Oil
1 can (8 ounces) tomato sauce, such as Hunt's
½ cup water
¼ cup lemon juice
¼ cup brown sugar, firmly packed
3 tablespoons Worcestershire sauce
2 tablespoons prepared mustard
2 teaspoons salt
¼ teaspoon pepper

Cook onion until tender in Wesson Oil. Add remaining ingredients. Simmer 15 minutes. About 3 cups.

Hamburgers, chicken, frankfurters, steak or shrimp are delicious simmered in Quick Barbecue Sauce—or use sauce to baste with when you barbecue outdoors.

BROWN GRAVY

Basic recipe makes a perfect gravy for fried meat or chicken.

¼ cup Wesson Oil, including browned bits from fried meat
¼ cup flour
2 cups water or liquid from vegetables
Salt and pepper to taste

Over low heat blend Wesson Oil and flour in the pan with the browned bits, stirring until richly browned. Add water, stirring vigorously until well blended and browned bits are loosened from the fry pan. Continue stirring while gravy thickens over low simmering fire, about 3 to 5 minutes. Season with salt and pepper. About 2 cups gravy.

Cream Gravy. Use milk in place of water. Browning of flour is optional.

Pan Gravy. Use at least 2 tablespoons of oil from cooking, adding more Wesson if needed, with the browned bits from fried meats. Add ¼ to ¾ cup water and cook over low heat 2 to 3 minutes, stirring until browned bits are dissolved. Season with salt and pepper. Chopped green onion may be added. Serve hot.

WHITE SAUCES

	Wesson Oil	*Flour*	*Seasoning*	*Milk*
NO. 1—THIN (for vegetables, soup or macaroni)	1 tablespoon	1 tablespoon	½ teaspoon salt, dash pepper	1 cup
NO. 2—MEDIUM (for meats, eggs, noodles, fish and scalloped dishes)	2 tablespoons	2 tablespoons	½ teaspoon salt, dash pepper	1 cup
NO. 3—THICK (for souffles and binding some croquettes)	3 tablespoons	4 tablespoons	½ teaspoon salt, dash pepper	1 cup
NO. 4—VERY THICK (for binding croquettes)	3 tablespoons	½ cup	½ teaspoon salt, dash pepper	1 cup

METHOD: Blend Wesson Oil with flour and seasonings in small, heavy pan; add milk gradually. Cook over medium heat; stir constantly. Reduce heat; cook 1 minute more.

ROUX

½ cup Wesson Oil
¾ cup flour

Combine Wesson Oil and flour in skillet.

For White Roux: Cook over very low heat, stirring constantly until first sign of browning appears (about 10 minutes).

For Brown Roux: Cook over low heat, stirring constantly until well browned, about 15 minutes.

Remove from heat. Pour into small container; cool. Cover; store in refrigerator. Stir before using as thickening for vegetables, gravies or sauces. ¾ cup.

Gourmet Dishes from far away places

Here, Wesson has assembled a bon vivant's selection of fascinating, foreign skillet dishes. Explore the delights in *Coq au Vin*, the creamy goodness of real *Stroganoff*, the tang of *Arroz con Pollo*. Find new adventures on every page to get your cooking bragged about!

The *skillet* rarely gets a day off in the exotic dishes we enjoy from abroad. And almost exclusively, the recipes have one cooking secret in common: they call for *vegetable oil.*

Natural oil from growing plants, pure and wholesome and unadulterated, is far and away the first choice in foreign cookery. That's why you'll enjoy using Wesson Oil in these enticing new dishes. You can tell by its light, clear color, Wesson is vegetable oil in its purest form. It is ideally suited to bring out the *natural* food flavors, adding none of its own.

◀ *Chop Suey . . . recipe at right*

CHOP SUEY (Illustrated on page 28)

- 1 pound lean pork*, cut in thin strips
- 2 tablespoons Wesson Oil
- ½ cup sliced onions
- 1 cup celery, cut in thin strips
- ½ cup green pepper, cut in thin strips
- 1 tablespoon cornstarch
- 1¼ cups water
- 1 bouillon cube
- 1 can (16 ounces) bean sprouts, drained
- 1 can (5 ounces) water chestnuts, drained, sliced
- ½ teaspoon salt
- 2 tablespoons soy sauce

Cook pork in hot Wesson Oil until brown, stirring occasionally. Add onions, celery and green pepper; cook 3 minutes. Combine cornstarch with a little water, then stir in remaining water and bouillon cube. Add to vegetable mixture; cook just until thick. Add bean sprouts, water chestnuts, salt and soy sauce; heat. Vegetables should be crisp, not overdone. Serve with hot rice. 4 servings.

*Lamb, veal, or chicken may be used instead of pork. With chicken, use chicken bouillon cube and garnish with ½ cup blanched slivered and toasted almonds.

CHINESE FRIED RICE

From the Orient where they know how to handle rice, comes this luscious concoction of American foods.

- 1 lean pork chop
- ¼ cup minced ham
- ¼ cup Wesson Oil
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- ½ cup chopped parsley
- 1 clove garlic, minced
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ½ teaspoon ginger (optional)
- 3 to 4 cups cooked rice
- 4 eggs

Cut pork in julienne strips and cook with ham in two tablespoons Wesson Oil until brown. Add onion, green pepper, parsley and garlic; cook until tender. Add remaining Wesson Oil, salt, pepper, ginger and rice; stir lightly to mix. Make a well in the center of rice mixture, add eggs and cook until semi-solid. Then stir into rice while cooking over medium heat 2 to 3 minutes. 6 servings.

LITTLE TRICK: *Before coating foods with batter or crumbs, dip in flour first. It absorbs the excess moisture. Drain batter coated foods and dry breaded foods about 5 minutes before frying. Coating will cling better.*

FRUITED PORK (Illustrated on page 1)

The mixed fruit is a natural flavor combination for pork. An exotic yet easy way to glorify chops.

- 6 lean pork chops
- 2 tablespoons Wesson Oil
- 1 can (13½ ounces) cubed pineapple
- 1 large onion, chopped
- ¼ cup minced celery leaves
- 1 clove garlic, minced
- 12 prunes, pitted
- 2 tablespoons soy sauce
- ½ teaspoon marjoram
- 1 cup sliced celery
- ½ cup dried apricots

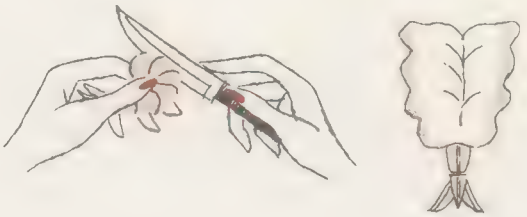
Brown pork chops on both sides in hot Wesson Oil in large skillet. Add next 7 ingredients. Cover and simmer over medium heat 20 minutes. Add celery and apricots and let cook 10 minutes. 6 servings.

SHRIMP TEMPURA (Illustrated on page 56)

Flavorsome shrimp in a golden egg batter—prepared the way the Japanese like them best.

- 1 cup sifted all-purpose flour
- ½ teaspoon salt
- ½ teaspoon baking powder
- 1 egg
- ¾ cup milk
- 2 tablespoons Wesson Oil
- 2 pounds cleaned raw shrimp
- Wesson Oil for frying

Sift flour, salt and baking powder into small bowl. Add egg and milk; beat until smooth. Beat in Wesson Oil. Dip shrimp into batter, a few at a time, letting excess batter drain off. Fry shrimp in 1 inch of Wesson heated to 375°. Cook 2 to 3 minutes, until golden brown. Drain on paper towels. Serve with Sweet-Sour Sauce (recipe below) or tartar sauce. 6 servings.



Butterfly Shrimp. Start with raw shrimp and leave the tails intact when you clean them. Split along back curve, cutting deep, almost to the inner edge. Open shrimp, then press flat to look like a butterfly. Coat with batter and fry.

Sweet-Sour Sauce. Mix 1 tablespoon cornstarch and ¼ cup sugar in small saucepan. Add ¼ cup each vinegar and pineapple juice and 2 teaspoons soy sauce. Heat, stirring while sauce boils and thickens a bit. Use slices of fresh pineapple and parsley for garnish. Serve with fried shrimp or roast pork.

GREEN PEPPER STEAK

Hot, fluffy rice belongs with this famous Chinese dish.

- 1½ pounds round steak, ¼ inch thick
- 2 tablespoons soy sauce
- ¼ cup flour
- 3 tablespoons Wesson Oil
- 1 cup diced green pepper
- 1 cup water

Cut steak into strips about 2 inches long and 1 inch wide. Pound the strips to help make them tender. Brush soy sauce on each side of meat strips, then sprinkle with flour. Brown steak strips in Wesson Oil over medium heat. Add green pepper and saute a few minutes, then add the water. Cover and simmer 35 to 45 minutes, until meat is tender. 6 servings.

EGGS FOO YOONG

From China—an impressive Sunday supper company dish. Serve right from a pretty skillet.

- 1 medium green pepper, chopped
- 1 medium onion, chopped
- ¼ cup Wesson Oil
- 1 cup cooked cleaned shrimp*
- 1 can (5 ounces) water chestnuts, drained and sliced
- 1 cup drained bean sprouts
- 2 to 3 tablespoons soy sauce
- 5 eggs, separated

Cook green pepper and onion in Wesson Oil over low heat until tender. Add shrimp, water chestnuts, bean sprouts and soy sauce; remove from heat. Beat egg whites until fluffy; beat egg yolks lightly and fold into egg whites. Pour over vegetable-shrimp mixture. Cover and cook over low heat without stirring for 15 to 20 minutes until eggs are cooked. Cut in wedges and serve from skillet. 4 to 6 servings.

*or 1 can Blue Plate or Gulf Kist brand shrimp.

Through the ages, oil from the seed of growing plants has had a preciousness about it, a kinship with the other bounty we enjoy from nature. Maybe that's why so many good cooks today like the naturalness *of Wesson Oil, vegetable oil in its purest form.*

ARROZ CON POLLO

A chicken and rice fiesta, served up in the Spanish manner.

- 1 ready-to-cook fryer chicken (2½ to 3 pounds), disjointed
- ¼ cup Wesson Oil
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 cup uncooked rice
- 1 can (8 ounces) tomato sauce, such as Hunt's
- 1 cup water
- ½ teaspoon cut-up saffron (optional)
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 can (8½ ounces) peas, drained, saving liquid

Coat the chicken with Wesson Oil to keep it moist. Brown in heavy skillet over medium heat. Remove chicken and add green pepper, onion, garlic and rice. Stir occasionally to distribute the heat evenly while rice browns. Blend in tomato sauce, water, saffron, salt, pepper and liquid from peas. Add the browned chicken. Cover and cook over low heat 30 minutes. Remove cover; lift rice with a fork to fluff. Add peas and cook over low heat about 5 minutes longer. 4 to 6 meal-size servings.

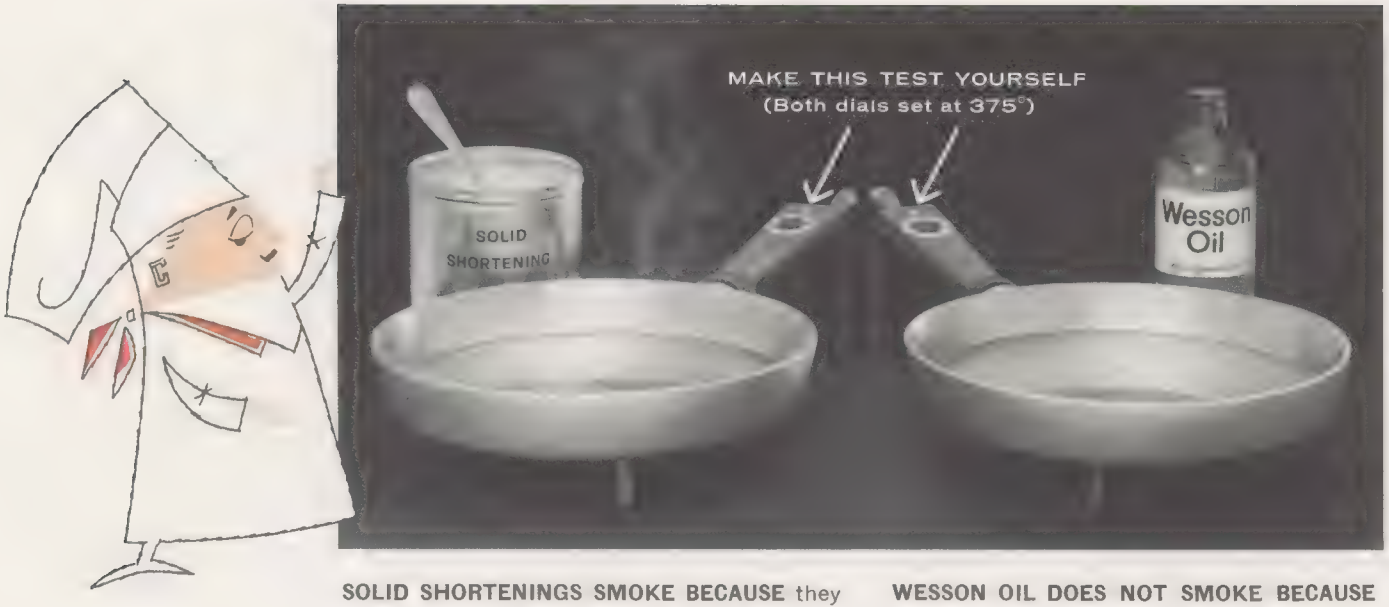
CHICKEN OREGANO

Cubans, too, have a way with chicken and this is elegant.

- 1 ready-to-cook fryer chicken (2½ to 3 pounds), disjointed
- ¼ cup Wesson Oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon oregano
- 2 fresh tomatoes, diced
- 1 can (4 ounces) mushrooms, chopped

Coat pieces of chicken with Wesson Oil to hold in the juicy goodness during the cooking. Brown in heavy skillet over medium heat. Add onion and garlic; cook several minutes. Sprinkle with salt, pepper and oregano. Add tomatoes and mushrooms with juice. Cover and cook over low heat 30 minutes, until tender. A parsley garnish is pretty with this. 4 to 6 servings.

Wesson Oil takes the smoke out of frying



SOLID SHORTENINGS SMOKE BECAUSE they contain an emulsifier. This additive is good for baking, but breaks down and smokes in frying.

WESSON OIL DOES NOT SMOKE BECAUSE there's nothing added to it. You know by the light clear color, it is all pure vegetable oil.

LAMB CURRY

Made to a rajah's taste. A superb company dish you can make ahead and reheat.

- 1 pound boneless lamb, cubed
- 4 tablespoons Wesson Oil
- 2 tablespoons flour
- 2 medium onions, sliced
- ½ to 1 teaspoon curry powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup water
- Juice and grated peel from 1 lemon
- ½ cup raisins
- 2 whole cloves

Brown meat in Wesson Oil; remove. Lightly brown the flour, stirring constantly. Add onions, curry powder, salt and pepper; mix thoroughly. Add water and stir while heating to boil. Reduce heat; add meat, lemon juice and peel, raisins and cloves. Cover and simmer over low heat about 30 minutes or until lamb is tender. 4 to 6 servings. Have this with rice or mashed potatoes.

CHICKEN CACCIATORE

Spicy tomato sauce and chicken—a dish from Italy.

- 1 ready-to-cook fryer chicken (2½ to 3 pounds), disjointed
- ½ cup flour
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ½ cup Wesson Oil
- 2 medium onions, chopped
- 1 can (16 ounces) tomatoes
- 1 can (8 ounces) tomato sauce, such as Hunt's
- 4 cloves garlic, crushed*
- 1½ teaspoons oregano*
- 1 teaspoon celery seed
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ¼ teaspoon Tabasco*

Dry chicken with paper towels. Mix together flour, salt and pepper and use to coat chicken lightly. Brown on all sides in hot Wesson Oil in large deep fry pan. Remove chicken. Add onions and cook until soft. Add remaining ingredients. Cover and simmer 30 minutes. Add chicken pieces, and simmer another 30 minutes or until chicken is tender, turning pieces occasionally. 4 to 6 servings.

*For a milder dish, use 2 cloves garlic, 1 teaspoon oregano and a few drops of Tabasco.

CHICKEN PAPRIKA

Hungarian way of making chicken absolutely perfect.

- 1 fryer chicken (2½ to 3 pounds), disjointed
- ¼ cup Wesson Oil
- 2 large onions, chopped
- 1 tablespoon paprika—or more
- 1 teaspoon salt
- ½ cup chicken stock
- ½ pint sour cream

Brown the chicken in Wesson Oil, then remove it and brown the onion. Add seasonings, chicken stock (made from neck and giblets) and the chicken. Cover and cook over medium-low heat about 30 minutes. Remove chicken to warm platter. Blend sour cream into drippings. Pour over chicken. Serve on hot noodles. 4 servings.

For quick gravy, start with Brown Roux (page 27) made with Wesson Oil and then stir in onion soup.

BEEF STROGANOFF

Browned morsels of beef in a rich mushroom sauce, the idea borrowed from Russia.

- 1½ pounds lean beef (tenderloin, sirloin tip or top round), cut in thin strips
- 3 tablespoons Wesson Oil
- 1 small onion, minced
- 1 teaspoon salt
- Dash pepper
- ½ pound sliced mushrooms or 1 can (4 ounces)
- ½ pint sour cream

Brown the meat in Wesson Oil. Remove and brown onion. Return meat to pan; season with salt and pepper. Tender cuts of beef need no extra cooking; other cuts require the addition of a little water or juice of canned mushrooms and should cook, covered, over low heat about 30 minutes until tender. Add mushrooms; increase heat and cook 5 minutes. Remove from heat and stir in sour cream. Serve with rice or noodles. 4 to 6 servings.

For rice, noodles or spaghetti, add a little Wesson Oil when cooking. It makes them glisten and stand apart. Brings out flavor.

STEAK AU POIVRE (Illustrated on page 1)

As prepared by a famous Parisian chef. The coarse peppers form a spicy crust around the meat, seal in juices, too.

- 4 tablespoons peppercorns
- 2 pounds lean beef sirloin or fillets, 1½ inches thick
- Salt to taste
- ¼ cup Wesson Oil
- ½ cup brandy
- ½ pint heavy cream
- Minced parsley

Fold peppercorns in towel; use bottom of heavy pan or rolling pin to crack them. Salt the steak. Press cracked pepper into steak until heavily coated. Brown over high heat in Wesson Oil, about 2 to 3 minutes on each side. Remove to hot serving dish and set in warm oven. Pour out most of oil, reserving about 1 tablespoon with drippings. Add brandy to drippings and flame for about 1 minute. Or you may prefer to reduce the liquid to half over low heat without flaming. Then add cream; blend and heat thoroughly. When sauce thickens, pour over the steak and serve immediately. Top with minced parsley. 4 servings.

FRENCH ONION SOUP

An original French recipe—traditional nightcap served in cafés of Montmartre—wonderful anytime, anywhere.

- 6 large white or yellow onions, sliced
- ½ cup Wesson Oil
- 6 cups chicken stock, or 6 chicken bouillon cubes in 6 cups water
- 6 slices French bread or toast
- ½ cup grated Swiss cheese
- ¼ cup Parmesan cheese
- Salt and pepper to taste

"Melt" onions in Wesson Oil by cooking in deep skillet, covered, very slowly, 2 to 3 hours. Heat should be low enough to simmer but not fry. Add chicken stock and heat thoroughly. In each serving bowl place a slice of toasted bread and sprinkle with Swiss cheese. Pour on the soup and top with Parmesan cheese. 6 servings.

Your eyes, your nose, your taste buds tell you how light and pure and fresh is Wesson Oil.

COQ AU VIN

The Frenchman's way to make chicken marvelous with wine, mushrooms and seasonings.

- 1 roasting chicken (4 to 5 pounds), disjointed
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons flour
- 3 tablespoons Wesson Oil for frying
- 1 clove garlic, minced
- ½ pound small onions, sliced, or whole small ones
- 1 can (4 ounces) sliced mushrooms
- 1½ to 2 cups red wine
- 1 large bay leaf
- ¼ cup minced parsley
- 3 green onions, sliced

Sprinkle chicken with salt, pepper and flour. Brown in heavy skillet in hot Wesson Oil. Remove the chicken as pieces are browned. Pour off excess oil, reserving a little with the browned bits. Add remaining ingredients, including the chicken. Cover and simmer about 2 to 2½ hours, until chicken is tender. Serve over rice. 6 servings.

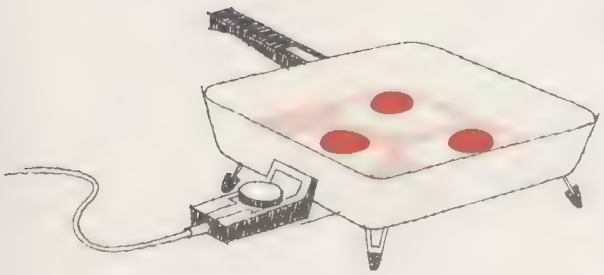
POTATOES DAUPHINE

Spicy, fluffy, soft on the inside, crispy and golden brown outside. A European favorite for fine meals.

- ½ cup boiling water
- ¼ cup Wesson Oil
- ¼ teaspoon salt
- ½ cup flour
- 2 eggs
- ½ teaspoon salt
- ½ teaspoon nutmeg
- 1½ cups cooked mashed potatoes
- Wesson Oil to a depth of 1 inch in skillet

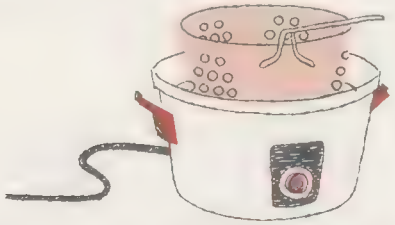
Bring water to boil in a saucepan. Reduce heat to very low; add Wesson Oil, ¼ teaspoon salt and flour all at once. Cook, stirring vigorously until mixture leaves sides of pan and forms a compact ball. Remove from heat; cool mixture slightly. Add eggs, one at a time, beating hard after each addition until mixture is smooth and glossy. Add remaining salt, nutmeg and mashed potatoes. Drop by teaspoonfuls into Wesson Oil heated to 375°. Cook until golden brown. Drain on paper towels. Serve hot with roast beef, steak or other meat dishes. 6 servings.

SKILLET COOKING THE AUTOMATIC WAY



1. *Electric skillets* win raves for the beautiful way they brown foods. With automatic heat control, you *dial* the correct temperature, instead of guessing. You can bring your electric skillet to the table if you like (smoke-free Wesson Oil is a special blessing here) and serve foods piping hot. Periodically, it's a good idea to check the accuracy of the heat control with a frying thermometer. Today's new models come with detachable control units making cleaning of pans so easy.

2. *Many modern ranges, both gas and electric,* come with thermostatic top burners and many are provided with deep-well cookers. Cooking is a push-button heaven with these—you set a simple control to get the proper heat.



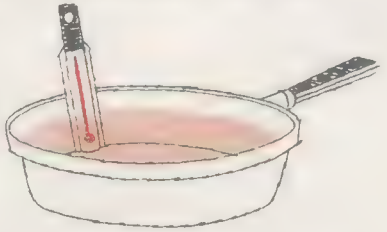
3. *The electric deep fryer,* too, controls heat automatically. Foods brown to perfection and the depth of the pan cuts spatter way down. Most are fitted with frying baskets that let you lower and remove foods easily. After frying, cool and strain leftover Wesson to remove any food particles. Then you can store it covered, right back in your deep fryer.

4. *Temperature tests.* Without these conveniences, you should test frying temperature with a frying thermometer that clips onto the skillet.

The bread cube temperature test, while not always dependable, can be used if necessary. Most bakers' bread is cut in $\frac{5}{8}$" slices. A cube of this thickness of day-old bread browns in 35 seconds in oil at 350°; in 30 seconds in oil at 375°.

Use medium high *heat for frying at 375°.*

Use medium *heat for frying at 350°.*



Vegetables—glorified

Quick skillet cooking in Wesson Oil works magic with vegetables—turns them out salad-crisp with vitamins intact.

Even vegetable snubbers are captivated by the perky flavor of *Green Beans Excellente*, the sunny taste of *Wesson Glazed Carrots*. Here are easy fritters to add their crisp appeal, their honey brown good looks to meals. You'll find new combinations of vegetables, pan fried together—blending flavors, contrasting colors and inspiring you to invent your own medley.

Ideally suited to vegetable cookery, Wesson *itself* is pure vegetable. The delicacy of Wesson Oil is gentle and kind to mild vegetable flavors. See for yourself—tonight.

◀ *Vegetable Medley . . . recipe page 38*

FRIED ONION RINGS (Illustrated on page 36)

Golden brown, crisp rings. Nice to have with fried meat or fish.

¾ cup flour
¼ teaspoon salt
½ cup milk
2 tablespoons Wesson Oil
1 egg
3 large onions, peeled
Wesson Oil to depth of 1 inch in skillet

Sift the flour and salt into bowl. Add milk, Wesson Oil and egg; beat until smooth. Cut onions into ¼-inch thick slices and separate into rings. Dip each ring into batter (drain excess batter over bowl) and drop a few at a time into hot Wesson Oil heated to 375°. Fry 2 to 3 minutes, turning occasionally. Drain on absorbent paper; sprinkle with salt. 4 to 5 servings.

HINT: Fried onion rings may be cooled, wrapped and frozen. To serve, reheat in moderate oven (350°) about 5 minutes.

BATTER FOR VEGETABLE FRITTERS

Golden fritters add crisp texture to meals.

- 1 cup sifted all-purpose flour
- ¾ teaspoon salt
- 2 eggs
- 1 tablespoon Wesson Oil
- ½ cup milk
- Wesson Oil to depth of 1 inch in skillet

Sift the flour with salt. Beat eggs; add 1 tablespoon Wesson Oil and milk. Add dry ingredients, beating with rotary beater until smooth. Dip prepared vegetables* into batter; drain off excess. Fry, without crowding, in hot Wesson Oil heated to 375°. Fritters cook in 3 to 5 minutes, depending on size of pieces. About 1 cup batter.

*Sliced ripe or green tomatoes, 3-inch strips of eggplant, sliced cooked carrots, parsnips or salsify, cauliflower or broccoli separated into flowerets.

VEGETABLE MEDLEY (Illustrated on page 36)

Tender, yet a bit crispy—and so colorful, too.

- 2 tablespoons Wesson Oil
- 1 cup small cauliflowerets
- 1 package (10 ounces) frozen peas
- 1 pimiento, cut in strips
- Salt and pepper

Heat Wesson Oil in a heavy skillet. Add cauliflowerets and cook, covered, over low heat 10 minutes. Shake occasionally to prevent sticking. Add green peas. Increase heat to medium. Cover and cook 5 to 8 minutes, until vegetables are just tender. Stir in pimiento, season with salt and pepper. 4 to 5 servings.

HINT: If peas are still frozen, rap package sharply on kitchen counter and peas will pour out freely.

Have you noticed this about Wesson Oil? It's so convenient and pleasant for frying, and assures such good taste, that many women are inclined to think Wesson Oil costs more than it does! Now, that's a nice compliment to the superfine quality of Wesson, but the fact is, Wesson Oil costs no more than any other leading oil or solid shortening.

EGGPLANT ELEGANT

- 1 medium eggplant
- 2 eggs, beaten
- 1 cup bread crumbs
- 6 to 8 tablespoons Wesson Oil
- 2 tablespoons grated cheese
- 1 tablespoon minced parsley

Slice the eggplant in rounds ½ inch thick. Do not peel. Dip in beaten egg, then in crumbs. Fry until brown on both sides in hot Wesson Oil, adding oil by tablespoons as needed. Sprinkle with salt and pepper. Serve with grated cheese and minced parsley. 4 servings.

GLAZED CARROTS

Good enough for Sunday dinner.

- 1 pound carrots, cleaned
- 2 tablespoons Wesson Oil
- ¼ cup water
- 2 tablespoons brown sugar
- ¼ teaspoon salt

Cut carrots into strips about 2 inches long (small ones may be left whole). Cook carrots in Wesson Oil over medium heat until lightly browned on all sides. Combine remaining ingredients and pour over carrots. Cover and cook over low heat until tender, about 10 minutes. 4 to 6 servings.

CHILI CORN

A pretty dish, tasty too.

- 1 medium green pepper, chopped
- 1 small onion, chopped
- 1 tablespoon Wesson Oil
- 1 package (10 ounces) frozen whole kernel corn or 12-ounce can, drained
- ¼ to ½ teaspoon chili powder
- ½ teaspoon salt
- 1 pimiento, chopped

Let green pepper and onion cook slowly in Wesson Oil about 5 minutes. Blend in the corn, chili powder and salt. Cover and cook over low heat about 10 minutes. Add the bright garnish of pimiento just before serving. 4 servings.

CORN FRITTERS

Good with fresh cooked corn, too. Pancake mix is a nice shortcut.

- 1 egg
- ¼ cup milk
- 1 cup pancake mix
- 1 can (12 ounces) whole kernel corn, drained
- Wesson Oil to depth of 1 inch in skillet

Blend egg and milk. Add pancake mix, stirring just until smooth. Fold in corn. To insure lightness, do not overbeat. Drop by teaspoonfuls into Wesson Oil heated to 325°. Cook slowly until golden brown, about 4 minutes. Serve as a vegetable or with syrup. 20 to 24 fritters.

Corn Fritters. Delicate Wesson Oil fries them so light and fluffy, some actually flip themselves!

SPANISH RICE

Try serving this with steak or hamburgers—good.

- 1 cup uncooked rice
- ¼ cup Wesson Oil
- 1 small onion, chopped
- 1 can (8 ounces) tomato sauce, such as Hunt's
- 2 cups water
- 1½ teaspoons salt
- 1 teaspoon sugar
- 1 teaspoon chili powder (optional)
- ½ cup chopped green pepper
- 1 cup sliced celery with a few minced leaves

Blend the rice and Wesson Oil in a large heavy skillet (one with a tight fitting cover) over medium heat, stirring until golden in color. Add onion and cook just a minute or so. Add remaining ingredients and bring to a boil. Reduce heat to low; then cover and simmer 30 minutes without lifting lid. Gently lift rice with fork; cover again and cook 10 to 20 minutes longer. Add more water if needed. When rice is done, remove from heat. Lift gently with a fork and allow to stand 1 minute to take up the moisture. 6 generous servings.

Variations

1. Add 1 cup diced boiled ham or luncheon meat the last 15 minutes of cooking rice.
2. Garnish with ½ cup grated Parmesan cheese.
3. Press rice into oiled round bowl; then turn out on hot serving dish. Top with hot Cheese Sauce (page 26).

SUMMER SQUASH A LA WESSON

Zucchini is good this way, too.

- 2 tablespoons Wesson Oil
- 1 pound summer squash, sliced thin
- 2 medium onions, sliced
- ½ teaspoon salt
- Dash pepper
- 2 tablespoons chopped pimiento

Heat Wesson Oil in large fry pan. Add squash, onions, salt and pepper. Cover and cook 15 minutes, until tender. Turn to brown evenly. Garnish with pimiento. 4 servings.

Add several tablespoons of Wesson Oil to waffle and pancake mixes to bring out rich flavor and increase tenderness.

CRISPY FRIED TOMATOES

- 2 each large red and green tomatoes, sliced thick
- 2 tablespoons flour
- 1 egg, beaten
- ½ teaspoon salt
- Dash pepper
- 2 tablespoons fine bread crumbs
- Wesson Oil for pan frying
- Parmesan cheese (optional)

Coat tomato slices with flour, then dip in egg (seasoned with salt and pepper) and finally in bread crumbs. Using medium heat, brown on both sides in a skillet oiled lightly with Wesson Oil. Sprinkle with cheese and serve hot. 4 servings.

Variation—Creole Fried Tomatoes: Combine 1 small clove garlic, minced, 1 tablespoon chopped parsley, ½ teaspoon salt, dash pepper, 1 medium onion, minced; blend all together with 1 tablespoon Wesson Oil. Spread mixture on tomato slices; sprinkle with cornmeal and fry until browned in a lightly oiled skillet.

LUCKY CABBAGE

- Wesson Oil
- 1 pound cabbage, shredded
- 2 tart red apples, cut in slices
- ¼ cup chopped nuts
- Salt

Heat just enough Wesson Oil to cover the bottom of a large skillet or Dutch oven. Add the cabbage; cook 5 minutes over medium heat, stirring occasionally. Add apples; cook a few minutes longer. Reduce the heat. Add salt; cover and cook about 20 minutes. Garnish with nuts. 6 servings.

SUNNY GARNISH FOR VEGETABLES

- ¼ cup soft bread crumbs
- 1 tablespoon Wesson Oil
- 2 tablespoons minced parsley
- 1 hard cooked egg, chopped
- ⅛ teaspoon salt
- Dash pepper

Brown bread crumbs in Wesson Oil using a small skillet. Stir in remaining ingredients. Heat, then serve on *cauliflower, broccoli, asparagus* or *spinach.*

RELISH TOMATOES

A picnic dish from Seventeen Magazine.
Excellent—hot or cold—with fried chicken or hamburgers.

- 3 pounds peeled tomatoes, diced
- 3 green peppers, diced
- 3 medium onions, chopped
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon sugar
- ¼ cup Wesson Oil
- ¼ cup vinegar
- ½ teaspoon dry mustard

Cook first 6 ingredients in Wesson Oil gently, stirring occasionally, 3 minutes or until vegetables are *slightly* softened. Add vinegar and mustard. Store in jars and chill well. Serve at picnic cold or reheated. (Remember to bring a skillet!), Serve, using fork or slotted spoon. Ample for 6.

To peel tomatoes easily, hold over flame or dip in boiling water for a minute.

GREEN BEANS EXCELLENTE

- 1 small onion, chopped fine
- 2 tablespoons Wesson Oil
- 1 pound fresh green beans, cut julienne style
- ½ teaspoon salt
- ¾ cup boiling water
- ¼ cup chili sauce or catsup
- Dash pepper

Cook the onion in Wesson Oil about 5 minutes. Add all ingredients except chili sauce and pepper. Cover and cook until beans are tender, 15 to 20 minutes. There should be about 2 tablespoons liquid remaining on beans. Stir in chili sauce and pepper. 4 servings.

FRENCH FRIED POTATOES

There's just no match for crisp, homemade French fries.

6 medium potatoes
Wesson Oil for deep frying

Wash and pare the potatoes. Cut into uniform strips. Rinse in cold water; dry thoroughly. (Paper towels are good for this.) Place just enough potato strips in frying basket to cover bottom. Lower into deep Wesson Oil heated to 375°. Fry until lightly browned, 6 to 8 minutes. Drain on paper towels. Salt to taste. Serve piping hot or keep warm in open oven, until all potatoes are cooked. 4 to 5 servings.

NOTE: For smaller quantities, potatoes may be fried in Wesson Oil to depth of 1 to 1½ inches.

LATTICE FRENCH FRIES

Slice pared potatoes crosswise with waffle potato cutter. Give potato a ¼ turn before each slice. Rinse in cold water and dry well. Fry until lightly browned in deep Wesson Oil heated to 375°; about 3 to 4 minutes. Drain on paper towels. Sprinkle with salt.

SHOESTRING POTATOES

Cut pared potatoes in very thin strips and follow directions for Lattice French Fries.

BRABANT POTATOES

Cut pared potatoes into ½ inch cubes. Cook as for Lattice French Fries. Garnish with chopped parsley and paprika.

CURLICUE POTATOES

They look like golden curls!

Wash, pare and dry potatoes. Cut each one in ½ inch slices, crosswise. Then cut each slice in a spiral from the outside to the center. Place a few at a time in a frying basket in deep Wesson Oil heated to 375°. Brown lightly and drain on absorbent paper. Sprinkle with salt and serve hot.

FRESH FRIED POTATOES

2 pounds potatoes (1 quart)
¼ cup Wesson Oil
Salt
Pepper

Wash the potatoes. Pare and slice paper thin. Heat Wesson Oil in a heavy fry pan. Cook potatoes over low heat about 10 minutes, turning occasionally. Season; cover and cook 10 to 15 minutes longer. 4 to 6 servings.

NOTE: 1. If necessary, potatoes may be held a short time over very low heat without becoming soggy.

2. For tempting variety season potatoes with onion.

POTATO PUFFS

Add one beaten egg to 2 cups cold seasoned mashed potatoes. Form into balls and roll in corn flakes. Fry until golden brown in deep Wesson Oil heated to 375°. Wonderful way to use leftover potatoes—crisp outside, soft and mellow inside.

HASHED BROWN POTATOES

Hearty eaters like these for breakfast with sausage and eggs.

1 teaspoon salt
¼ teaspoon pepper
3 cups cooked diced potatoes
¼ cup Wesson Oil

Season potatoes and fry in Wesson Oil about 5 minutes over medium heat, stirring occasionally. Press potatoes flat in pan with pancake turner. Cook over low heat, shaking pan occasionally. When bottom of potatoes is browned, fold potatoes in half and turn out on hot platter. 4 servings.

WHOLE FRIED POTATOES

A quicker way to fix potatoes that look and taste like they're baked!

Pierce ends of clean, medium, unpeeled baking potatoes with a fork. Dry well and drop whole into deep Wesson Oil heated to 350°. Cook 20 to 30 minutes depending on size.

FRENCH FRIED YAMS

Prepare yams as for French Fried Potatoes. Fry in deep Wesson Oil heated to 350° until golden brown and done. Drain and sprinkle with sugar.

YAM PUFFS

Good with chicken. Cook the puffs in a jiffy after the chicken fries.

- 2 cups mashed cooked yams or sweet potatoes
- 2 tablespoons Wesson Oil
- 2 tablespoons milk
- 1 teaspoon salt
- ¼ teaspoon cinnamon
- ½ cup finely chopped raw apple
- 1 egg white, beaten
- 2 cups corn flakes
- Wesson Oil for deep frying or 1 to 1½ inches in deep skillet

Mix first 6 ingredients together. Fold in egg white. Drop by tablespoonfuls into corn flakes (crushed slightly); roll lightly to cover surface. Let stand while heating oil. Place potato balls in deep Wesson Oil heated to 375°. Fry 1 minute or until golden brown. Drain on paper towels. 20 puffs.

Thrifty for frying, Wesson Oil costs so little to start with, pours so exactly you never waste it, keeps so fresh after frying you can use it again and again.

CAJUN FRIED YAMS

- 2 pounds boiled yams or 2 cans (16-ounce size), drained
- ¼ cup Wesson Oil
- ¼ teaspoon salt
- ¼ cup brown or granulated sugar

Peel and slice yams ¼ inch thick. Brown in Wesson Oil on both sides over medium heat. Remove to warm platter and sprinkle with sugar. 6 servings.

Good, too. Sprinkle yams with cinnamon or grated lemon peel while cooking.

To keep fried foods hot, put in warm oven with door ajar. Don't cover, as steam may form and wilt out the crispness.

POTATO PANCAKES

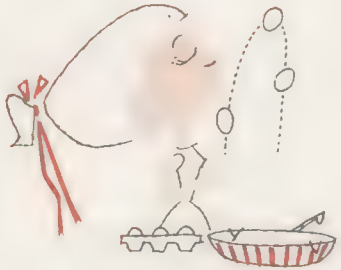
Every bit of potato goodness is used in these lacy pancakes.

- 3 medium potatoes, pared
- 1 small onion
- 1 egg, beaten
- 1 teaspoon salt
- Dash pepper
- Wesson Oil for pan frying

Grate potatoes and onion. Strain over a bowl to save juices, squeezing vegetables to press out all excess liquid. Place the juice in a small saucepan and cook over medium heat until thick, stirring constantly. Combine this with grated vegetables, egg, salt and pepper. Heat enough Wesson Oil to cover bottom of large skillet. Add potato mixture by large spoonfuls, flattening a bit. Fry over medium heat until golden brown, about 6 minutes. Turn just once and cook about 4 minutes to brown other side but keep puffy. Add more oil as needed. Drain on paper towels. Serve piping hot with apple sauce or pot roast. 10 to 12 potato pancakes.

Potato Pancakes. Fine with apple sauce, a favorite with pot roast, too.

Egg Dishes—good eating any time



How will you have your eggs today? Singing, sunny-side-up in a skillet? Omelet fashion, clouding over the pan's edge? Nestled in a piquant sauce or sausage cup? No wonder mama hen advertises her achievement! Eggs rate the praise!

Now, Wesson Skillet Cookery adds luscious new variety to this already versatile, wholesome food. For Sunday breakfast this week try Wesson's easy *Eggs Creole*. Entertaining at luncheon? Collect compliments with *Eggs Florentine*. Any time you're hungry, get out the skillet and whip up a *Wesson Nest Egg*.

Fresh, pure vegetable Wesson Oil pampers the delicate flavor of eggs in all of these glorious dishes.

FRIED EGGS BENEDICT

Ham and eggs enhanced with Hollandaise.

In hot Wesson Oil pan fry ham slices. (Have them about 4 inches square and ¼ inch thick.) Remove from skillet and keep hot. Fry eggs in same skillet over *low* heat—don't forget to salt and pepper them. Split and toast English muffins, or use toast and top with ham slice, a fried egg and a heaping spoonful of Hollandaise Sauce or Cheese Sauce (page 26).

BOLOGNA CUPS

Eggs and sausage cooked together taste as good as they look.

Cut bologna in thick slices and leave the casing on. Cover bottom of heavy skillet with Wesson Oil and cook the bologna over high heat until slices "cup." Turn and fill each with a raw egg; season. Cover and cook over medium heat until white is set. Remove casing from bologna cups. Garnish with parsley and paprika.

SKILLET EGGS CREOLE (Illustrated on page 44)

Eggs poached in a spicy tomato sauce.

- 1 small onion, chopped
- 1 small green pepper, diced
- 1 tablespoon Wesson Oil
- 1 can (8 ounces) tomato sauce, such as Hunt's
- 1 can (4 ounces) mushrooms
- ⅛ teaspoon thyme or tarragon
- Salt and pepper
- 4 eggs

Cook onion and green pepper in Wesson Oil over medium heat about 3 minutes. Combine tomato sauce, mushrooms with liquid and seasonings. Add to skillet and heat to simmer. Add raw eggs one at a time. Cover and simmer over low heat about 10 minutes or until whites set. Serve on toasted English muffins or toast. 4 servings.

SCRAMBLED EGGS

How to cook them to perfection—plain and fancy.
Delicate Wesson Oil brings out the country-fresh flavor.

- 6 eggs
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup milk
- 2 tablespoons Wesson Oil

Beat eggs with seasoning. If you like the golden yolks to come out flecked with creamy white, beat just a little. Beat longer for fluffy yellow eggs. Stir in milk. Pour Wesson Oil in skillet; tilt to coat well and heat. Add eggs and cook slowly, stirring gently. Low heat is essential for tender eggs. Cook until set but still moist. 4 servings.

VARIATIONS:

Herb Treats: Parsley, chives, tarragon, fresh dill or dill weed or marjoram—any of these—tastes good added with a light hand to the raw eggs.

Cheesy Eggs: Add ½ cup or more grated Cheddar, Swiss or Parmesan cheese to eggs before cooking.

Cottage Cheese and Eggs: Instead of milk, add ½ to ¾ cup cottage cheese.

Mandarin Eggs: Add the drained and heated contents of 1 can (1 pound) Chinese mixed vegetables. Serve with soy sauce.

Creamy Mushroom Eggs: Omit milk and ¼ teaspoon salt; add ½ cup condensed cream of mushroom soup and drained contents of a small can of mushrooms to the eggs.

Curried Eggs: Add 1 teaspoon curry powder to egg mixture. Serve with chutney or toasted almonds.

Dutch Scramble: Cut 2 slices bread into small cubes. Brown lightly in the 2 tablespoons Wesson Oil, then scramble eggs on top of these crisp croutons.

Green Onions and Eggs: Slowly cook 2 or 3 chopped green onions and 2 tablespoons chopped green pepper in the Wesson Oil about 5 minutes, then add egg mixture and cook.

Meaty Scramble: Brown 1 cup of cooked, chopped or sliced ham, chicken livers, sausage, luncheon meat, or frankfurter in 1 tablespoon Wesson Oil. Add eggs and cook.

Country Skillet: Fry potatoes as for Fresh Fried (page 41 with the *onion* variation). When done add the egg mixture, omitting the Wesson Oil called for in basic recipe. Serve hot.

Pungent Scramble: Add ¼ teaspoon Tabasco and 1 teaspoon Worcestershire sauce to the egg mixture before cooking. Garnish with parsley or pimiento.

Western Eggs: Brown ¾ cup chopped cooked ham, 1 small onion, chopped, and ¼ cup chopped green pepper in the Wesson Oil. Then add eggs and scramble.

◀ *Skillet Eggs Creole . . . recipe above*

TRUE FRENCH OMELET

The omelet artist finds it is better to make several small omelets which are easier to handle than a large one. Use a heavy aluminum pan which heats evenly. For best results, do not wash an omelet pan but wipe it clean with paper towels. Never use an abrasive pad in cleaning pan; smooth surface is important.

4 eggs	½ teaspoon salt
2 tablespoons milk, cream, water or stock	Dash of pepper
	1 tablespoon Wesson Oil

Beat together with a fork all ingredients except Wesson Oil. Heat Wesson in a 10 inch skillet or omelet pan until a drop of the egg mixture will sizzle. Pour eggs into pan; stir once; reduce heat slightly. As eggs set, lift edges with a fork or spatula to keep omelet free. Eggs should be creamy on top, slightly golden underneath. With spatula and by tilting pan, roll omelet toward side of pan opposite handle. (See photos this page). Turn onto heated platter. 2 to 3 servings. For 8 or 9 inch pan, use 2 to 3 eggs and 1 tablespoon liquid.

Creamed, Dried Chipped Beef: Prepare 1 cup White Sauce No. 2 (page 27) without salt. Add 2 ounces dried beef, cut in pieces. Heat and serve over omelet.

Creole Omelet: Serve omelet with Creole Sauce (page 26).

Herb: Add 2 teaspoons chopped parsley or chives to raw egg mixture. Also see Herb Treats (page 45).

Seafood: Saute in a small amount of Wesson Oil 1 small onion, chopped, ¼ cup finely chopped celery and ½ cup diced shrimp or lobster meat. Use as a filling for plain omelet.

Sweet Omelet: Omit pepper from omelet. Add 1 tablespoon sugar and ½ teaspoon vanilla. Sprinkle finished omelet with additional sugar and score with a hot skewer if desired. Serve with sweetened fruit or jam.

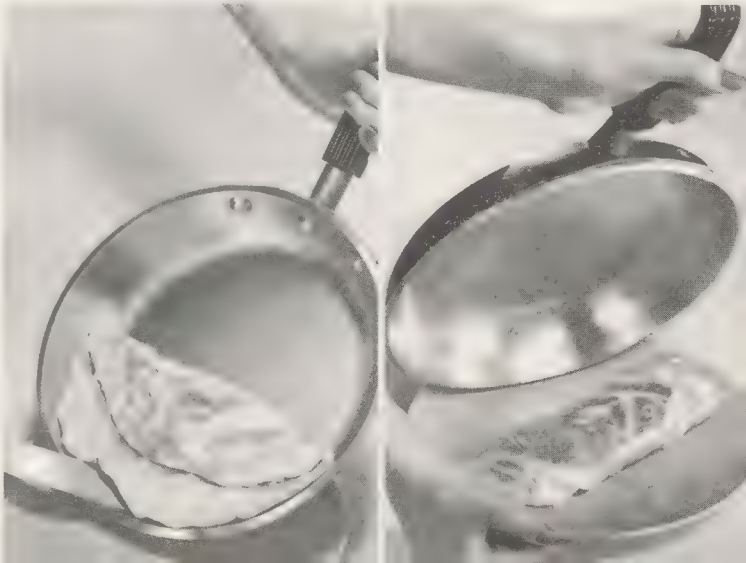
Smoke's out—flavor's in when you fry with Wesson Oil.

WESSON FRIED EGGS

Wonderful—sunny side up, basted or "over." Wesson lets you taste all the delicate flavor.

Heat enough Wesson Oil to cover bottom of skillet amply. Break eggs into a cup, then slip into skillet. Sprinkle with salt and pepper. Cook *slowly* over low heat until whites are set, about 3 minutes or more, if you like. The result—glorious eggs—sunny side up eggs. If you like a white "coat" to eggs, baste them during the cooking by spooning some of the hot Wesson over them or cover the pan while eggs fry. For "over" eggs, turn eggs with broad spatula after whites are set, and let cook a wink or two longer.

To roll a French omelet, when eggs "set" keep omelet free of pan with spatula. Tilt skillet using rounded sides to help fold end over end with spatula. To serve, cover skillet with warm plate and turn both over together.



SKILLET POTATOES AND EGGS

Interesting flavors in this wholesome, thrifty supper dish.

- 4 cups diced raw potatoes
- ¼ cup Wesson Oil
- 2 tablespoons flour
- 1 large onion, chopped
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 2 cups water
- 2 tablespoons minced parsley
- 6 hard cooked eggs, sliced

Brown the potatoes in Wesson Oil; remove. In the same pan, brown the flour, stirring constantly. Add onion and cook until tender. Stir in next 4 ingredients, plus the browned potatoes. Heat to boil; reduce heat and cover. Simmer about 15 minutes. Add parsley and egg slices. Heat and serve.

THE WESSON NEST EGG

Attention 'teens, bachelors, impromptu hostesses and mothers! Here's a no-trouble treat that's good eating anytime.

Cut center from slice of bread with glass or cookie cutter. (One mama we know uses a little chick cookie cutter.) Over medium heat brown one side of bread and the bread circle in just enough Wesson Oil to cover bottom of pan. Turn bread over. Break egg in center; salt and pepper. Cook slowly until egg sets; turn again if you like and serve.

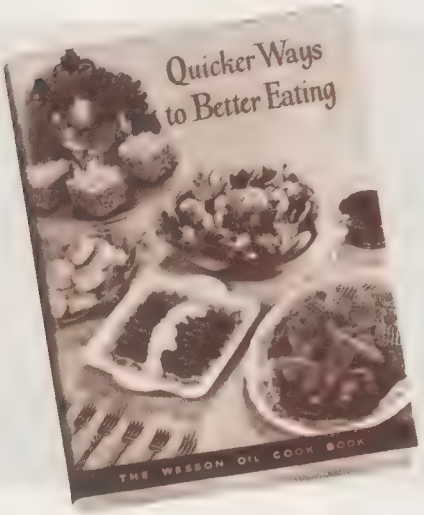
FRIED EGGS FLORENTINE

You see these on the menus of plush restaurants. Here's how to fix them just as elegantly—and easily—at home.

- ¾ cup Cheese Sauce (page 26)
- 4 eggs
- 2 tablespoons Wesson Oil
- Salt
- Pepper
- 1 cup hot cooked chopped spinach

Prepare Cheese Sauce. Place eggs in a skillet in hot Wesson Oil. Sprinkle with salt and pepper and cook slowly until whites are set. Arrange spinach in 4 portions on warm platter or individual plates. Top each serving with an egg and a generous spoonful of hot Cheese Sauce. 4 servings.

ANOTHER WESSON COOK BOOK
YOU'LL USE EVERY DAY



More inspiring Wesson recipes—300 in all—show you how to bring the modern ease and efficiency of delicate Wesson Oil to all kinds of good cooking. How to make flaky Stir-N-Roll Pies, fluffy biscuits, Chiffon Cakes—high and handsome. How to streamline old-fashioned sugar cookies the easy Stir-N-Drop way. Salad and dressing ideas galore, party dishes, appetizers, quick breads, fruitcake. Special section for the barbecue chef. Beautifully illustrated, 100 pages, many helpful how-to-do pictures.

For your copy of "Quicker Ways to Better Eating," send 50¢ in coin to the Wesson Oil People, 210 Baronne Street, New Orleans, Louisiana.

Desserts that bewitch

Here's an intriguing new idea! *Desserts* from your skillet—to prove there's no end of good things that can come out of your fry pan!

Bright bananas simmered in a brown sugar sauce, frilly dessert pancakes folded over fresh berries, sugar-crisp golden fruit fritters . . . these are just a taste of the elegant endings you and Wesson Oil can give to meals.

Preparing dessert at the table is a fun-loving and fashionable way to end dinner. So bring on your chafing dish or electric skillet and let folks watch you perform your delicious magic. There's no smoke to spoil the pleasure with pure vegetable Wesson Oil—or to steal from the good taste. No wonder your skillet desserts that start with Wesson end up *all gone!*

TROPICAL BANANA SAUTÉ (Illustrated on page 48)
Heat enough Wesson Oil to cover bottom of heavy skillet. Cut firm bananas in half lengthwise. Slowly brown on one side. Turn to brown the other side, then sprinkle with brown sugar and a bit of lemon juice. Garnish with cherries. Delicious with ham steak or as dessert with or without ice cream.

SKILLET SPICED APPLES
Cut tart apples into wedge-shaped slices for frying. Lightly coat apple slices with Wesson Oil and sprinkle with a bit of ground cloves. Fry in heavy skillet over medium heat, covered, about 10 minutes. No need to add extra oil in cooking. Stir in a couple of tablespoons of orange marmalade; turn and finish cooking uncovered, 10 minutes or so.

HINT: You can pare and cut apples ahead of time—coat with oil to keep them from discoloring and drying out, then place them into the refrigerator and fry when you're ready.

◀ *Tropical Banana Sauté . . . recipe at right*

CINNAMON APPLES

Tart, spicy and colorful.

¼ cup water
¼ cup "red hots," cinnamon candies
4 medium, tart apples sliced thick
½ cup Wesson Oil

Pour water over candies and let stand while cooking apples. Coat apples with Wesson Oil and drain. Cover bottom of pan with apple slices and brown on both sides. Add oil to pan as needed. As each batch browns, drain on paper towels. Put apples back in skillet and pour candies over them. Cover and simmer over medium heat about 15 minutes, stirring occasionally. The apples take up the syrup and become plump and pretty. Serve as dessert topped with cream as accompaniment for pork roast or for breakfast. 6 servings.

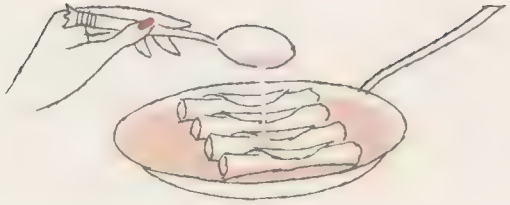
Minted Apples—Prepare the apples as directed above. Instead of adding cinnamon candies, add 1 jar (8 ounces) mint jelly. Minted "green" apples are wonderful with lamb.

FESTIVE FRUIT

½ cup coconut flakes
2 tablespoons Wesson Oil
1 can (16 ounces) peach halves, drained, or 2 apples, sliced
¾ cup syrup from peaches or apple juice with 2 tablespoons brown sugar added
Vanilla ice cream

In a skillet brown the coconut in 1 tablespoon Wesson Oil, stirring occasionally. Remove and drain on paper towels. Lightly brown the drained fruit in remaining Wesson Oil. Add fruit juice and simmer until liquid has been reduced to half its volume. Add ¼ cup brandy, if desired, and simmer 5 minutes. Serve fruit and sauce spooned over vanilla ice cream. Sprinkle with toasted coconut. 6 servings.

Fruit desserts from your skillet are as good for your family as they are good tasting. Enjoy them often.



CREPES SUZETTE

Ceremonial! Celestial!

Batter:

1 cup sifted all-purpose flour
3 teaspoons baking powder
2 tablespoons sugar
½ teaspoon salt
2 eggs
1¼ cups milk
3 tablespoons Wesson Oil
2 tablespoons brandy
2 tablespoons sugar for sprinkling crepes
½ cup warm brandy for igniting

Filling:

½ cup soft butter
½ cup sugar
Grated peel of 2 oranges
Juice of 1 orange
1 teaspoon lemon juice

Sift together the flour, baking powder, sugar and salt. Then beat the eggs; add milk, Wesson Oil and brandy. Add to flour mixture gradually, stirring until smooth; let stand 1 hour—this improves the texture of the cakes.

Meanwhile, prepare filling by blending butter and sugar; stir in orange peel and fruit juices.

Heat and oil a 6-inch fry pan; pour in 2 tablespoons of batter; tilt pan to spread batter evenly and thinly. Cook about 1 minute, until browned. Turn and brown cake on other side. Spread lightly with filling; fold or roll and keep warm. When crepes are all cooked, place the rest of the filling in a large fry pan or chafing dish; heat, then add cooked crepes. Sprinkle with sugar, then with brandy; ignite and serve flaming, spooning sauce over crepes. 24 crepes. 6 servings.

SKILLET TURNOVERS

Small triangles or crescents of filled pastry for snacks, dessert or the main part of a meal.

Use regular pie crust or biscuit dough recipe; roll out ⅛ inch thick, then cut into 4-inch squares or circles. Place a spoonful of filling on one side of each square. Lightly dampen edges of dough and fold over; press edges together with a fork. Fry the turnovers in 1 to 1½ inches of Wesson Oil heated to 375°, until golden brown on both sides, 3 to 4 minutes. Drain on paper towels. Keep warm while frying remaining turnovers. Serve the fruit turnovers with syrup, confectioners' sugar or sour cream —have the meat turnovers with hot gravy, tomato sauce or as is. All these cooked pie fillings are excellent: mincemeat, apple, peach, blueberry, meat and chicken.

Skillet Turnovers. Luscious fruit or meat pies, cooked quickly in your skillet.

PAN GLAZED FRUIT

Wonderful many ways: with baked ham or in cream puff shells, with waffles, over ice cream or garnished with sour cream.

Coat wedges of tart red apple with Wesson Oil and sprinkle with brown sugar. Cook in a heavy skillet over medium heat about 10 minutes, stirring occasionally. When almost done, add pieces of firm banana and pineapple chunks. Sprinkle again with brown sugar and cook several minutes until bananas are glazed. If you like, make a sauce. Remove fruit—so you won't crush it—and add pineapple juice and a little lemon juice to brown sugar in the skillet. Cook down or add a little cornstarch for thickening. Return fruit to skillet a few minutes before serving.

SKILLET CAKE WITH FRUIT SAUCE

Made without heating the oven.

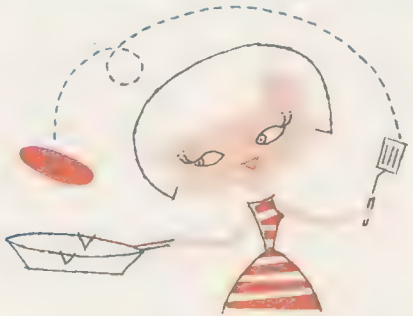
- 1 egg, separated
- ¾ cup sugar
- 1 cup plus 2 tablespoons sifted cake flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 3 tablespoons Wesson Oil
- ½ cup milk
- 1 teaspoon vanilla

Oil a 9-inch skillet lightly with Wesson. Beat egg white in small bowl until frothy. Gradually beat in ¼ cup of the sugar. Continue beating until stiff and glossy.

Sift remaining sugar, flour, baking powder and salt into large bowl. Add Wesson Oil, half of milk, vanilla. Beat 1 minute, medium speed on mixer or 150 strokes by hand. Scrape bowl constantly. Add remaining milk, egg yolk. Beat 1 more minute. Fold in beaten egg white. Pour into skillet. Cover with a domed lid. Cook over *low heat* 30 minutes without lifting lid. Test for doneness. Invert on warm serving dish.

Fruit Sauce—Melt 2 tablespoons butter in a medium fry pan. Stir in ¼ cup brown sugar, firmly packed, and 1 teaspoon cinnamon. Add 1 can (16 ounces) apple sauce and heat thoroughly. Serve over the hot skillet cake.

Breads—crisp and hot from your skillet



What's your word for pancakes? Flap Jacks? Hot Cakes? Whatever you call them at your house, we'll wager your family loves them and can stoke 'em away by the stack! Wesson has some new flavor ideas to please your pancake fanciers, luscious fruit and nut and spice varieties, and a mixing trick that has them ready to cook in 10 shakes! Like doughnuts? Who doesn't! Try Wesson's hint for 2-Minute Doughnuts. You make these with ready-to-bake biscuits, fry, dunk in cinnamon-sugar and feast!

Modern, efficient Wesson Oil is your headstart in all of these tempting skillet breads. Just pour what you need into skillet or deep fryer. There's no waiting to melt, no waste, and no smoke to interfere with the good taste of foods.

STIR-N-DROP DOUGHNUTS

Real, homemade cake-type doughnuts—ready in minutes, the easy Wesson way.

- 2 cups sifted all-purpose flour
- ¼ cup sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- ½ teaspoon nutmeg
- ¼ cup Wesson Oil
- ¾ cup milk
- 1 egg
- Wesson Oil for deep or shallow frying

Sift the dry ingredients together into a mixing bowl. Pour Wesson Oil and milk into one measuring cup. Then add with egg to dry ingredients—so easy to make this batter! Stir with a fork until mixed. Small puffs are attractive and cook best, so drop by teaspoonfuls into deep Wesson Oil heated to 375° (or shallow fry in 1 to 1½ inches of Wesson). Do not crowd in the pan. Fry until golden brown—about 3 minutes. Turn once. Drain on paper towels. Sprinkle with confectioners' sugar or cinnamon-sugar. Makes about 2½ dozen.

FRENCH DOUGHNUTS

Typical of those served at the famous New Orleans French Market.

- ½ package active dry or ½ cake compressed yeast
- 2 tablespoons water
- 1 cup milk
- 2 tablespoons sugar
- 2 tablespoons Wesson Oil
- 3½ cups sifted all-purpose flour
- ¾ teaspoon salt
- ½ teaspoon nutmeg
- 1 egg
- Wesson Oil for deep or shallow frying

Soften active dry yeast in warm water (110°) or compressed yeast in lukewarm water (85°). Scald milk; add sugar; cool to lukewarm. Add yeast and Wesson Oil. *Gradually* add enough flour (about 2 cups) with salt and nutmeg to form batter. Add egg and beat well. Beat in remaining flour. Cover and set in warm place to rise until double in bulk (about 1½ hours). Knead gently on well floured board (dough will be soft). Roll out ¼-inch thick; cut into rectangles or diamonds; cover and let rise for ½ hour. Fry until brown in deep Wesson Oil (or 1½ inches of Wesson Oil in large skillet) heated to 375°. It takes just about 1½ to 2 minutes. Drain on paper towels; sprinkle with confectioners' sugar. Put on the coffee and have a feast while they're hot. 3 dozen.

QUICKIE SALMON PANCAKES

You'll love this new flavor for "fish cakes."

- 1 cup milk
- 1 egg
- 1 tablespoon Wesson Oil
- 1 cup pancake mix
- 1 can (7¾ ounces) salmon*, drained and flaked
- ½ cup sour cream
- 1 teaspoon dill weed (optional)

Combine the milk, egg, oil and pancake mix; stir until fairly smooth. Add half the salmon. Lightly oil and heat the pancake griddle; cook the salmon pancakes. Meanwhile, combine sour cream with remaining salmon and dill weed. Serve with hot cakes. About 10 pancakes.

*Tuna fish may be used instead of salmon.

NEW 2-MINUTE DOUGHNUTS

Ready-to-bake biscuits, Wesson fried golden brown.

In a heavy skillet heat 1 inch of Wesson Oil to 375°. Cut small "doughnut holes" in canned biscuits or cut biscuits into half-rounds. Fry "doughnuts" and "holes" until golden brown on both sides, 1 to 2 minutes. Drain. Roll in cinnamon-sugar.

SKILLET CORN BREAD

- 1 cup sifted all-purpose flour
- 3 tablespoons sugar, if desired
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 cup corn meal
- 1 egg, beaten
- 1¼ cups milk
- ¼ cup Wesson Oil

Sift dry ingredients together. Combine egg, milk and Wesson Oil. Add to dry ingredients; mix quickly and turn into oiled skillet. (A small amount of Wesson Oil will coat the bottom and sides of the skillet more easily if heated.) Cover and cook over *low* heat 30 to 35 minutes until top springs back when you touch it. Turn out on platter. 6 to 8 servings.

WESSON CROUTONS

For serving with soups or salads, crisp and golden brown.

Shallow Fried. Heat Wesson Oil (1 inch deep in skillet) until a bread cube turns golden brown in 30 seconds. Then add bread cubes and fry to desired color. Drain on paper towels. For extra flavor, add a clove of garlic to the oil.

Pan Fried. Heat 1 tablespoon Wesson Oil in fry pan; add 1 cup bread cubes. Cook over low heat, stirring until golden.

For variety, sprinkle warm croutons with paprika, garlic salt, celery salt or grated Parmesan cheese.

Croutons may be cut into star, crescent, diamond or other shapes with cookie cutters and topped with party spreads.

HUSH PUPPIES

Know how these crispy corn meal tidbits got their name? Fable says from old-time Southern cooks who used to "hush the puppies" by sneaking them cooked bits of fish-fry batter.

- 1½ cups corn meal
- 1½ cups water
- ⅓ cup milk
- 1 tablespoon Wesson Oil
- 2 teaspoons grated onion
- 2 eggs, beaten
- 1 cup sifted all-purpose flour
- 3 teaspoons baking powder
- 2 teaspoons salt
- 1 teaspoon sugar
- Wesson Oil for deep or shallow frying

Over medium heat, cook corn meal and water, stirring until the batter becomes stiff and begins to roll into a ball. It takes about 6 minutes. Remove from heat; stir in the milk, Wesson Oil and onion. Gradually stir batter into beaten eggs in large bowl. Sift flour, baking powder, salt and sugar together; blend into corn meal batter. Drop batter by teaspoonfuls into deep Wesson Oil heated to 350° (or 1 to 1½ inches of Wesson Oil in large skillet). Fry until golden brown—about 6 to 7 minutes. Drain on paper towels. 30 to 40 "Hush Puppies." They "hush people," too, with fried fish!

SOUFFLE PANCAKES

Light as air, taste like cake and pancake, too.

- ½ cup sifted all-purpose flour
- 6 teaspoons baking powder
- ½ teaspoon salt
- 2 eggs, separated, plus 2 egg whites
- ¼ cup sugar
- ¼ cup Wesson Oil

To help give the airy-lightness, resift flour 3 times with baking powder and salt. Beat egg whites until firm peaks form. Add sugar to egg *yolks* and beat until thick and lemon colored. Fold into egg whites. Sprinkle the flour mixture over eggs and fold in gently. Drop by ¼ cupfuls into hot Wesson Oil. Brown on both sides. Serve with crushed sweetened fruit and whipped cream or with syrup, honey or Cinnamon Apples (page 50). 10 fluffy-thick pancakes.

10 SHAKES PANCAKES

Too much mixing toughens pancakes. This recipe turns out light and fluffy cakes every time.

Pour 1 cup milk into shaker or glass jar. Add 1 egg (break the yolk) and 1 tablespoon Wesson Oil. Add 1 cup pancake mix, such as Aunt Jemima.

Cover and shake vigorously ten times. Batter *should* look lumpy. Lightly oil griddle with Wesson and heat until drop of water sizzles. Pour batter right from shaker. When cakes bubble and tops begin to look satiny, flip to brown other side. 2 to 3 servings.

For 10 Shakes Pancakes, *put all ingredients in shaker—milk, egg, Wesson Oil and pancake mix. Shake vigorously 10 times. Simply* pour *batter from shaker onto hot, oiled griddle.*

PANCAKES WITH VARIATIONS

Wesson's your light hand for these fluffy cakes.

2 cups sifted all-purpose flour
6 teaspoons baking powder
¼ cup sugar
1 teaspoon salt
2 eggs
2 cups milk
⅓ cup Wesson Oil

Sift together flour, baking powder, sugar and salt. Beat eggs; stir in milk and Wesson Oil. Add dry ingredients; beat to a fairly smooth batter. (The last lumps will smooth out in the baking.) Drop by teaspoonfuls (or pour from pitcher) onto hot griddle (lightly oiled if you like). Cook until under side is golden brown and bubbles appear over surface; turn and cook other side. Serve with butter, syrup, strawberry preserves or cinnamon and sugar. About 20 (3-inch) pancakes.

Chocolate Nut Pancakes. Add semi-sweet chocolate pieces and chopped nuts to batter. Serve with ice cream or sprinkle on a mixture of brown sugar and confectioners' sugar.

Corn Meal Pancakes. Substitute 1 cup corn meal for 1 cup flour. Nice and crunchy.

Banana Pancakes. Add 2 to 3 diced bananas to batter. Banana fanciers' favorite!

Blueberry Pancakes. Add 1 cup blueberries to batter. Use either fresh, canned or thawed frozen berries, well drained.

Orange Pancakes. Blend into the batter 1 tablespoon grated orange peel. Serve with orange marmalade.

Spice Pancakes. Sift 1 teaspoon cinnamon or nutmeg into the dry ingredients. Delicious with honey or jelly.

Meaty Pancakes. Dip slices of salami, bologna or luncheon meat into the batter, then cook. Serve hot with apple sauce or sour cream.

FRENCH TOAST

2 eggs, slightly beaten
½ to ¾ cup milk*
¼ teaspoon salt
2 teaspoons sugar
3 to 4 tablespoons Wesson Oil for frying
6 slices day-old bread

Combine eggs, milk, salt and sugar. Heat 2 tablespoons Wesson Oil in large skillet or griddle. Dip the bread in egg mixture, then fry in Wesson Oil over low heat, browning both sides. Add Wesson Oil as needed. Serve with syrup, jelly or apple sauce or sprinkle with cinnamon and sugar. 6 servings.

*Use smaller amount of milk for crisper toast.

Chocolate Cream Toast. Omit milk and salt in recipe above, substituting chocolate milk. Serve with chocolate sauce, ice cream or a sprinkling of confectioners' sugar.

Lemon Delight Toast. Add 1 teaspoon grated lemon peel and ½ teaspoon lemon extract. Serve with honey or marmalade.

Wonderful Peanut Butter Toast. Make peanut butter sandwiches as usual. Dip in French Toast mixture, then fry in Wesson as directed above. Serve with strawberry preserves for a special taste treat.

More filling ideas for French-Toasted Sandwiches.
Sugar may be omitted from basic recipe for these:

Sliced ham and cheese
Roast beef and pickle relish
Chicken, tuna, salmon, ham or egg salad
Pimiento cheese
Cream cheese and onion
Deviled ham and cream cheese
Cheese with prepared mustard
Frankfurters, split
Frankfurters with a cheese slice

Snacks and Appetizers—so good and easy

Here's something to think about: Have you ever, ever seen a grumpy or unhappy snacker? We haven't—snacking is too much fun! Wesson Skillet Cookery brings you some delectable new treats to snack on, dainty *Crabmeat Spoonlets, Parmesan Cheese Puffs, Swedish Meat Balls!* You'll find old favorites here, too. *Popcorn, Salted Nuts, Party Mix!*

And nobody waits long or works hard to enjoy these treats —thanks to Wesson Oil's ease and efficiency and cleanliness in the fry pan. Wesson's ready to start frying whenever you are—just pour what you need, no waiting to melt. And no smoke to spread the news to the neighborhood when you fry! You just never know when to stop snacking—delicate, pure vegetable oil has such a way of bringing out flavors.

FLUFFY POPCORN

An ideal party or snack-time treat and so easy with Wesson, the children can do it.

3 tablespoons Wesson Oil ½ cup popcorn

Pour Wesson Oil into heavy skillet. Heat until drop of water sizzles in it. Add popcorn. Cover and shake gently over heat until corn starts to pop. Reduce heat. Shake as long as corn pops. Sprinkle with salt. About 8 cups popcorn. (No shaking needed if you pop corn in an electric popper!)

PEPPY POPCORN

Combine paprika and curry powder; sprinkle over hot salted popped corn. Stir well.

TV POPCORN

Sprinkle grated Parmesan cheese over hot salted popped corn and mix well.

◀ *Swedish Meat Balls . . . recipe on page 58*

APPLE BLOSSOM POPCORN

Mix 1 cup sugar, ½ cup water, ½ teaspoon salt, a few drops red food coloring. Boil until a small amount forms a hard ball in cold water. Add 1 tablespoon Wesson Oil and 1 teaspoon vanilla. Pour over Wesson-popped corn. Stir to coat kernels and cool. Shape into balls or enjoy just so.

SALTED NUTS

Start with shelled nuts such as peanuts, English walnuts, pecans, blanched almonds.

French Fried Nuts: Heat Wesson Oil to 375° (1 inch in skillet). Add nuts; stir to brown evenly. Fry until delicately browned, 2 to 3 minutes. Drain on paper towels. Place on fresh paper and sprinkle with salt.

Toasted Nuts: Heat ¼ cup Wesson Oil in skillet. Add two cups nuts or enough to cover bottom of fry pan. Cook over low heat, stirring frequently until lightly browned. Drain on paper towels. Sprinkle with salt.

SKILLET PARTY MIX

Some folks call this "nuts and bolts"! Good in soups, too.

- ½ cup Wesson Oil
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- ⅛ teaspoon garlic powder
- 2 cups shredded wheat, bite-size
- 2 cups shredded rice, bite-size
- 1½ cups pretzel sticks
- ½ cup pecan or walnut halves

In a medium skillet combine Wesson Oil, Worcestershire, salt and garlic powder; beat with fork. Add remaining ingredients and stir gently to coat all pieces. Toast over very low heat about 20 minutes, stirring enough to distribute the heat evenly. Store in tightly covered jar and they'll keep crisp for days and days. 6 cups.

In dishes that need butter flavor, take a tip from French chefs. Start with oil (butter burns too quickly) then add butter toward end of cooking.

SWEDISH MEAT BALLS

Hot, meaty tidbits in a creamy dunking sauce. So good, guests never know when to stop eating!

- 1 medium carrot, grated
- 2 tablespoons chopped onion
- 1 tablespoon Wesson Oil
- 1 pound ground beef
- ½ pound ground pork
- 1 egg
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ½ teaspoon nutmeg
- Wesson Oil for pan frying
- 1 tablespoon flour
- 1 cup light cream

Cook carrot and onion in Wesson Oil until tender. Remove from heat. Mix in with uncooked ground meat, egg and seasonings. Shape lightly into about 30 tiny balls; brown on all sides in hot Wesson Oil. Remove balls to casserole and keep hot. Drain oil from fry pan, saving the browned bits. Stir in flour and cream. Pour over meat balls. To serve, spear with colorful cocktail picks.

NOTE: This makes an elegant main dish, too, served over noodles or creamed potatoes.

To make Swedish Meat Balls in a chafing dish, brown balls and make sauce in blazer over direct heat. To keep hot, set blazer over boiling water.

PARMESAN CHEESE PUFFS

Ever eat a fluffy, crispy cheese cloud?

- 3 egg whites
- ½ teaspoon baking powder
- 2 tablespoons flour
- ¼ teaspoon salt
- ¼ teaspoon Tabasco
- 1 cup grated Parmesan cheese
- Wesson Oil to depth of 1 inch in skillet

Beat egg whites until fluffy. Blend together the baking powder, flour and salt. Gradually fold into egg whites, with Tabasco and cheese. Drop by teaspoons into Wesson Oil heated to 350°. Cook until golden brown, a minute or so. Drain on paper towels. Dust with paprika. 24 puffs.

ORANGE NUGGETS

Quick to make with pancake mix. Fast to fry in Wesson.

- 1 cup pancake mix
- ⅓ cup milk
- 1 tablespoon Wesson Oil
- 1 tablespoon sugar
- 1 egg, slightly beaten
- 1 tablespoon grated orange peel
- Wesson Oil to depth of 1 inch in deep skillet

Combine first 6 ingredients in a bowl and beat just until smooth. Drop by teaspoonfuls into Wesson Oil heated to 350° and cook to a golden brown all over, about 2 to 3 minutes. Drain on paper towels. Coat with a mixture of powdered sugar and brown sugar. 20 to 24 nuggets.

Orange Nuggets. So good and just minutes to mix and fry.

SPICY NUGGETS

Omit orange peel, adding ¼ teaspoon each of ginger, cinnamon and nutmeg.

LEMON NUGGETS

Use 1 tablespoon lemon peel instead of orange peel.

QUICK FRUIT FRITTERS

Use the basic batter, adding ⅓ cup more of milk. Dip apple rings or nut-stuffed dates in batter, then fry as above and coat with sugar mixture.

HAMBURGER RICE FRITTERS

Meaty puffs fried heavenly light in the delicacy of Wesson

- 1 pound ground beef
- 1 cup cooked rice
- 2 tablespoons minced parsley
- ½ cup sifted flour
- 1 teaspoon baking powder
- 2 teaspoons salt
- 2 eggs
- 1 tablespoon tomato paste, such as Hunt's
- Wesson Oil to depth of 1 inch in skillet

Blend the ingredients, except Wesson Oil, to make a batter. Drop by spoonfuls into Wesson Oil heated to 375°. Turn as needed to brown evenly, cooking 2 to 4 minutes. Serve with sour cream or catsup. 40 to 50 fritters.

BANANA SCALLOPS

Crispy, crunchy, golden browned and fruity

- 3 large bananas, yellow or lightly flecked
- 1 egg, slightly beaten
- ⅛ teaspoon salt
- ½ cup crushed corn flakes
- ¼ cup Wesson Oil

Cut bananas diagonally into 4 pieces. Dip in beaten egg mixed with salt, then in corn flake crumbs. Brown in hot Wesson Oil. Sprinkle with a mixture of brown and powdered sugar or whipped cream. These are wonderful with baked ham, too. 4 servings.

RICE AND CHEESE BALLS

Crispy outside, soft inside and thrifty to make. Larger balls make a good main dish for a meatless meal.

- 3 cups cooked rice
- 2 eggs
- 1 cup grated Cheddar cheese
- 1 teaspoon grated onion
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon salt
- Dash pepper
- 2 tablespoons flour
- 1 tablespoon water
- ½ cup bread crumbs
- Wesson Oil to depth of 1 inch in skillet

Combine rice, 1 egg and 1 egg yolk (reserving 1 egg white for dipping), cheese, onion and seasonings. Chill—to do it fast spread mixture in a pie plate and place in freezer section of refrigerator a few minutes. Shape into small balls. Coat lightly with flour. Add 1 tablespoon water to egg white and beat slightly. Dip rice-cheese balls in egg white, then roll in crumbs. Let stand while Wesson Oil heats to 350°. Fry the balls 1 to 2 minutes, turning to brown. (Don't crowd in skillet.) Drain. Spear with cocktail picks and serve with catsup. Good, too, with plum preserves. 24 small balls.

Want other ideas for tempting snacks? Try Breaded Shrimp (page 22), Deviled Oysters and Fish (page 23), 2-Minute Doughnuts (page 53).

TINY MEAT BALLS

- ½ pound ground beef
- 1 tablespoon minced onion
- ½ cup fine corn flake crumbs
- ½ teaspoon cornstarch
- ¼ teaspoon salt
- Dash pepper
- Dash allspice
- ½ cup milk
- Wesson Oil to depth of 1 inch in skillet

Mix all ingredients *thoroughly*—except the Wesson, of course. Form into small balls (about ¾-inch in diameter). Let stand while heating Wesson Oil. Fry at 375° for 1½ to 2 minutes. Drain on paper towels. Serve hot with cocktail picks inserted in each ball. 30 meat balls.

WESSON SKILLET SANDWICH

Sandwiches never tasted so good!

Make ham and cheese sandwiches and cut in half. Heat enough Wesson to cover bottom of skillet. Lightly brown sandwiches on both sides over moderate heat. Brown tomato slices and chopped green onions to serve with sandwich.

Other fillings that take nicely to grilling:

Sliced roast beef with mustard
Roast pork and apple butter
Cheese and pickle relish
Salami and cheese
Corned beef, horseradish and mustard
Sliced chicken and tomato
Peanut butter and banana slices

CRAB MEAT SPOONLETS

Golden brown, light and fluffy tidbits— too good to pass up!

- ¼ teaspoon grated lemon peel
- 1 tablespoon minced parsley
- Dash pepper
- 1 teaspoon grated onion
- 1 cup flaked cooked crab meat or tuna fish
- 1 egg, beaten
- 1 tablespoon light cream or evaporated milk
- 3 to 4 tablespoons flour
- Wesson Oil to depth of 1 inch in deep fry pan

Combine lemon peel, parsley, pepper, onion and crab meat. Add egg and cream. Then sprinkle flour on gradually and mix in, using as little as possible, enough to make mixture hold together but stay light and moist. Heat Wesson Oil to 375°. With two teaspoons, spoon crab mixture into hot oil. Fry about 3 minutes, turning to brown evenly. Drain and serve with lemon wedges. 12 spoonlets . . . 4 to 6 servings.

To clean your deep fryer thoroughly, simmer water in it to which you've added 2 teaspoons low-sudsing detergent and 2 teaspoons cream of tartar. Simmer 20 minutes and let stand 15 minutes longer.

Skillet Salads—good company with meat

Bright salads, served hot from the skillet or cool from your salad bowl, accompany meals so perfectly, it would be a shame to leave them out of your Skillet Cook Book.

Just as Wesson performs so beautifully in the skillet, it works its wonders in the salad bowl, as well. In one minute you make a light, bright dressing with Wesson Oil. In seconds, with the simple addition of other seasonings, you can vary it umpteen tempting ways. Just as with every other food you prepare at home, there's a just-made freshness, a wholesome homemade goodness, a personal touch in your own salad dressing. No "bought" dressing can match it in good taste or in cost. Wesson dressing is thrifty and it's sparkling good.

HOT FRANKFURTER AND POTATO SALAD

- 6 frankfurters, sliced
- 2 tablespoons Wesson Oil
- 1 medium onion, chopped
- 4 cups cooked potatoes, sliced
- 1 large dill pickle, chopped
- 1 teaspoon capers (optional)
- ¼ cup vinegar
- 1 tablespoon prepared mustard
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 3 hard cooked eggs, whites sliced

Lightly brown frankfurter slices in hot Wesson Oil. Remove frankfurters, then cook onion in the oil about 5 minutes, stirring occasionally. Add remaining ingredients except egg yolks. Stir potato salad lightly while heating it through. Grate the egg yolks and use as a golden garnish for this heavenly skillet salad. 6 servings.

HOT CABBAGE SLAW

Use red or white cabbage or mix them for beauty and good taste.

- 2 tablespoons Wesson Oil
- 1 pound shredded cabbage
- ½ teaspoon salt
- ½ teaspoon sugar
- ½ teaspoon celery seed
- Dash pepper
- 2 tablespoons vinegar

Heat Wesson Oil in skillet. Add all ingredients except vinegar. Cover and cook over medium heat 3 minutes. Stir occasionally. Add vinegar; stir and serve hot. 4 to 6 servings.

SKILLET SALAD DRESSING

A dressing you quick-cook to bring out all the flavors.

1 onion, chopped fine
1 clove garlic, minced
¼ cup Wesson Oil
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon sugar
1 teaspoon paprika
1 tablespoon flour
½ cup water
1 egg
¼ cup vinegar

Cook onion and garlic in Wesson Oil until golden, about 4 minutes. Stir in next 5 ingredients; cook 2 to 3 minutes. Add water and cook until shiny, stirring constantly. Pour into jar or sauce dish. Stir in egg and then add vinegar. Serve hot to make wilted lettuce salad or serve cold on tossed vegetable or meat salads. 1 cup dressing.

free booklet

"Facts and Theories about Fats and Oils in the Diet." Would you like to know more about the nutritional value of pure vegetable Wesson Oil, and what it means to you that Wesson is unsaturated and unhydrogenated? This free booklet contains latest information as printed in the Journal of the American Medical Association. Write Wesson Oil, 210 Baronne St., New Orleans, La.

WESSON 1-MINUTE FRENCH DRESSING

A light, lively flavored dressing to enjoy over many salads, such as crisp greens, mixed vegetables, tomato, avocado, cole slaw.

2 teaspoons salt
1 teaspoon sugar
½ teaspoon pepper
1 teaspoon paprika
½ cup vinegar or lemon juice
1½ cups Wesson Oil

Combine and shake well in covered jar. Shake well before using. Makes 2 cups. For a thicker dressing that is slow to separate, add 1 uncooked egg to 1 cup of dressing and shake or beat thoroughly.

Variations: Using ½ cup Wesson 1-Minute French Dressing, try these tempting ways to vary it.

Vichyssoise: Gradually stir 1-Minute French Dressing (made with or without paprika) into ¼ cup cold mashed potatoes. Add 2 teaspoons chopped chives or green onions and dash of nutmeg. Serve on vegetable, meat or seafood salads.

Brown Sugar-Lemon: Add 4 teaspoons brown sugar, 1 teaspoon lemon juice and ½ teaspoon grated lemon peel. Serve on fruit salads.

Herb: Add 2 teaspoons chopped parsley, ⅛ teaspoon powdered thyme, ½ teaspoon oregano. Serve on tossed green or vegetable salads.

Catsup: Add ¼ cup catsup, 1 tablespoon chopped onions or chives and a dash of Tabasco. Serve on tossed greens, meat or seafood salads.

Creamy: Beat in ¼ cup cream until thick. Serve on fruit, chicken or potato salads.

Blue Cheese or Roquefort: Add 2 tablespoons of crumbled Blue Cheese. Serve on hearts of lettuce, sliced tomatoes or vegetable salads.

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